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Thursday, April 19, 2012



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"I love the smell of testosterone in the morning."

Q104

Inhale...



Andre Noel Denny arrives at Halifax provincial court on Wednesday. Denny is charged with second-degree murder in the beating death of gay-rights activist Raymond Taavel, inset. RYAN TAPLIN/METRO, INSET: MARVIN MOORE/SHAMBHALA SUN/THE CANADIAN PRESS

A 'drunken fight,' says accused in activist's death

Crime. Andre Noel Denny makes his first court appearance after killing of Halifax gay-rights advocate

Andre Noel Denny was forthright and unapologetic as he emerged from a Halifax provincial court elevator on Wednesday with his hands cuffed and legs shackled.

"Public drunken fight.... What can I say?" Denny loudly told reporters as he was escorted by police into the courtroom. He was also claiming self-defence.

Denny, charged with second-degree murder in the beating death of Raymond Taavel, was remanded back to the East Coast Forensic Hospital in Burnside for a psychiatric assessment after a brief appearance.

The 32-year-old Cape Breton man will return to court on May 17 for a hearing to determine if he is fit to stand trial or if he could be exempt

Quoted

"Right now, he just seems very depressed. He just seems very scared."

Pavel Boubnov, who represented Andre Noel Denny on Wednesday

from criminal responsibility.

Taavel, a well-known gay-rights activist, was beaten to death early Tuesday morning outside a bar on Gottingen Street.

As the court discussed his case, Denny sat and showed little emotion, occasionally looking down at his feet, which were outfitted in grey socks and dark-blue Crocs.

Denny, a patient of the Burnside hospital, failed to return to the facility following an unescorted one-hour leave on Monday evening. He was in the hospital after being found not criminally responsible on a charge of assault causing bodily harm in an incident in Sydney in January.

Court documents from 2009

describe Denny as suffering from paranoid schizophrenia with a history of "aggressiveness, impulsivity and unpredictability," and as being "grossly psychotic."

Pavel Boubnov, a defence lawyer who was representing Denny on Wednesday, said he should not have been released from the hospital that night.

"The reason for whatever happened is just the nature of his mental illness," Boubnov said outside the courtroom before Denny's appearance.

Boubnov cited Denny's medical history and past addiction to alcohol.

"You just simply look at the file for this person to understand that he should be closely monitored by medical professionals," he said. "The anti-psychotic medication (does) interfere with alcohol ... so he obviously was under the influence of alcohol (Monday)."

Boubnov, who has represented Denny in the past, described the man as friendly, relaxed and "not violent when he is properly medicated."

ALY THOMSON/FOR METRO

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Access pass. Accused man's no-show not typical: Clinical director

It's rare a patient doesn't return from a community-access pass from the East Coast Forensic Hospital, said its clinical director on Wednesday.

Andre Noel Denny, 32, became a patient at the hospital in January after being found not criminally responsible for an assault charge. He left the hospital on a one-hour leave at 7:30 p.m. on Monday night and didn't return.

Aileen Brunet, clinical director of the East Coast Forensic Hospital, said the unit has a 60-bed capacity and it is currently three-quarters full.

"And the vast majority of those individuals have some access to the community every day, varying between an hour or two and back, all the way up to spending several days and nights out of the hospital."

A tribunal decides the maximum level of community access each patient can have, but hospital staff determine the quantity and duration of the passes.

"Our decision-making process involves consideration of the person's risk, their mental state, their compliance with the team and behaviour in hospital," she said. Usually at first patients are escorted out on passes.

"It's an opportunity for them to get some fresh air and be able to go off hospital grounds to have a cigarette."

Occasionally some are late but it's rare they don't show up at all, Brunet said. If they do, they're generally back within 24 hours, she said.

JENNIFER TAPLIN/METRO

Policy

- Aileen Brunet said it appears policy was followed in this case.



Andre Noel Denny is escorted from Halifax Provincial Court on Wednesday. RYAN TAPLIN/METRO



Derek Rodgers posts photos of Raymond Taavel on a Gottingen Street window prior to a vigil in his memory on Tuesday night. Taavel was beaten to death outside a bar early Tuesday morning. RYAN TAPLIN/METRO

N.S. to review Denny's release from hospital

Beating death. Opposition wants answers to why psychiatric patient with violent record was allowed out without escort



ALEX BOUTILIER
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The province has launched a review into the circumstances leading to Andre Noel Denny's unescorted release from the East Coast Forensic Hospital.

Justice Minister Ross Landry and Health Minister Maureen MacDonald told reporters on Wednesday that

Looking for answers



"Mr. Taavel's death is a senseless tragedy, and people want answers."

Justice Minister Ross Landry

their deputy ministers, as well as the CEO of Capital Health, will be leading the joint review into Denny's release.

"Nova Scotians are right to ask how could something like this happen," said Landry.

"It is imperative that we better understand the facts and determine whether all relevant policies and procedures were followed ... (and) whether those policies and procedures are adequate."

Denny, 32, is charged with homicide in the beating death of Raymond Taavel outside a

Gottingen Street bar on Tuesday. Police believe Taavel, a well-known gay-rights activist, was attempting to break up a fight between Denny and another man when he was attacked.

Police found Taavel bleeding on the sidewalk outside the Menz Bar. He died at the scene.

At the time, Denny was on an unescorted pass from the East Coast Forensic Hospital in Burnside. When Denny failed to return at the designated time, the hospital in-

formed police, who were unable to locate him prior to the altercation with Taavel.

While all three parties in the Nova Scotia legislature rose to honour Taavel, opposition parties questioned why the policies that allowed Denny to leave the hospital will remain in place while the review is conducted.

"We had hoped that the (government) would have announced immediate changes or immediate measures while this review is taking place," said Liberal justice critic Michel Samson.

"Nova Scotians need assurances as to their safety now," added Progressive Conservative Leader Jamie Baillie.

The province intends to provide an update on the review's progress in 30 days.

Mourning Raymond Taavel. Friend of victim questions alleged attacker's one-hour leave

A friend and co-worker of a murder victim is struggling to understand why Raymond Taavel's alleged assailant was let out on a one-hour leave Monday evening.

Outside Halifax provincial court just after Andre Noel Denny was remanded to the East Coast Forensic Hospital during a brief court appearance on Wednesday, Tynette Deveau, who worked with

Taavel at the Shambhala Sun, said she wants a review of the incident.

"From what I read and heard so far, this man has some serious psychological problems and what he was doing out on an hour-long pass makes no sense to me," said Deveau.

Carol Millett, another friend and co-worker of Taavel's, urged people not to

Emotions running high

- During the appearance by Andre Noel Denny, a woman whom Boubnov identified as Denny's aunt wept in court.

forget the possible homophobic implications of the case, though Denny's lawyer

Pavel Boubnov had earlier dismissed that on Wednesday.

"That issue cannot be forgotten about just because Mr. Denny is under psychiatric assessment. That would do an injustice to all those people who have died already from hate and anger," said Millett.

"Raymond was trying to stop the fight. Raymond was all about the peace and acceptance." ALY THOMSON/FOR METRO

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NEWS

On the web

Taking a hot shot at the sun

NASA has released photos and video footage of a glowing red loop of plasma erupting from the sun's surface on Monday. Watch at metronews.ca

On the horns of a historical dilemma

Ever wonder who came up with the genius idea that Vikings should wear hats with horns? Turns out, probably no one (well, maybe poets and artists). Watch as this and other historical misconceptions are set straight at metronews.ca.

Mobile news



A 'monster' international drug bust nabbed more than 43 tonnes of hash, says the RCMP. The estimated \$860-million worth of hash destined for Halifax and Montreal was found in several countries, including Pakistan, Belgium, Italy and Canada. Scan the code for the story.

Cape Breton. MLA's alleged expense-scandal hearing gets underway

The sentencing hearing for a former Cape Breton MLA who pleaded guilty to uttering forged documents and one count each of fraud over \$5,000 and breach of trust is taking place on Thursday in Sydney.

Dave Wilson, a former long-time Liberal MLA for Glace Bay, is scheduled to be in Sydney provincial court at 9:30 a.m.

Evidence is being presented at the hearing, and it's unclear if Wilson will learn his actual sentence or not.

Wilson pleaded guilty to the charges back in September and the court has heard the former Liberal caucus chairman was involved in a scheme that involved falsifying legislature expense claims over five years, beginning June 30, 2005.

Wilson is one of three former MLAs, and one current MLA, to be charged in relation to the expense scandal.

Last week, former Tory cabinet minister Richard Hurlburt pleaded guilty to fraud and breach of trust at Yarmouth provincial court.

A sentencing hearing in that case is slated for Sept. 5.

Russell MacKinnon, a former Liberal cabinet minister charged with fraud, breach of trust and uttering forged docu-



Dave Wilson
CONTRIBUTED

Guilty plea

\$5,000

Former Liberal MLA for Glace Bay, Dave Wilson, pleaded guilty to uttering forged documents and one count each of fraud over \$5,000.

ments, is to return to court later this month for a pre-trial conference and to set a date for his judge-only trial.

A preliminary hearing is set to begin June 11 for Trevor Zinck, a former NDP member who now sits as an Independent. He faces charges of fraud over \$5,000, breach of trust and two counts of theft over \$5,000. PHILIP CROUCHER WITH FILES

FROM THE CANADIAN PRESS

Rebates. NSBI commits \$2.2M to hedge fund firm

The province's arm's-length business development outfit — Nova Scotia Business Inc. — has awarded over \$2.2 million in payroll rebates to a hedge fund administration company.

Admiral Administration, based out of the Cayman Islands, will receive \$2,208,500 in payroll rebates for opening up a Halifax office.

Admiral, which also has offices in Ireland and the United States, administers more than 200 funds totaling approximately \$20 billion in net assets.

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Employment

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The number of jobs Admiral Administration expects to create in Nova Scotia over the next six years.

America, easy access to talent, and very competitive labour costs, Halifax is a great fit for Admiral's future long-term growth plans," said Canover Watson, Admiral's managing director.

ALEX BOUTILIER/METRO

Inverness County

Fire evacuees return to homes

People who had to leave their homes in Inverness County on Tuesday because of a brush fire have returned. Officials say the fire in Broad Cove is under control but firefighters watch for flare-ups. Homes were evacuated as a precaution. Officials say it started as a grass fire and spread to trees. THE CANADIAN PRESS

Social assistance

More money for guide dogs

People on social assistance in Nova Scotia who rely on a guide dog will receive more money. The province's Community Services Department says the monthly guide dog allowance will go up to \$90 from \$60 as of May 1. The extra \$300 per year is to cover veterinary exams and care. THE CANADIAN PRESS



HMCS Summerside, one of Canada's coastal defence vessels, heads past an opening in a two-metre-high floating barrier in Halifax harbour in 2007. The fence is called a Floating Force Protection Boom and is designed to keep small craft from getting too close to the jetties at the Halifax dockyards.

ANDREW VAUGHAN/THE CANADIAN PRESS

Floating security fence lacked in upkeep: Navy

Price tag. Repairs and reinstallation will cost an estimated \$1.43 million, document says

Damage done

22%

The navy documents, obtained by The Canadian Press through access-to-information legislation, say 22 per cent of the floats from the boom were cracked. They say stanchions and brackets are being replaced, new wire, shackles and chains are being installed, and "marine growth" is being removed.

marine organisms since being installed in 2007.

The spiky, orange barrier — strung for 1.6 kilometres in semicircles around frigates and destroyers — has been a prominent feature in the harbour. One of its purposes is to repel possible attacks by small vessels piloted by terrorists.

"Unfortunately, the design was flawed and the material utilized was too weak to withstand the harsh conditions of Halifax harbour," wrote navy Lt. Dan Saunders, a logistics officer in a Sept. 29, 2011, briefing note to his superiors.

"Over the past four years base operations personnel have provided rudimentary maintenance, however the structural deficiencies ... coupled with the lack of a comprehensive maintenance program have resulted in serious damage."

In his memo, Saunders said the time has come to ensure proper maintenance.

"The (boom) has a maintenance checklist ... however the original concept of operations published in 2005 left maintenance as TBD (to be deter-

mined)," he wrote.

"Though much work was done in developing, procuring and deploying the current (boom), critical maintenance was not foreseen."

Lt.-Cmdr. Mike Chisholm, the Queen's harbour master, said in an interview that the navy plans to complete the repair of cracked floats and connecting wires.

Chisholm said the goal is to have the boom fixed and reinstalled by Victoria Day and to keep the repaired boom in the water until Labour Day.

"We want to get the boom in the water prior to the pleasure boating season," he said.

"Then on an ongoing basis we (will) perform maintenance on the apparatus."

THE CANADIAN PRESS

Body found by employee at HRM landfill

Prior discovery

- **Repeat occurrence.** It's not the first body to be discovered at the Otter Lake facility.
- **Previous discovery.** On Oct. 10, 2002, Aloysius Gerard King's body was discovered in a pile of garbage in the sorting plant.

- **Accidental death.** Police believed the 53-year-old man from Newfoundland and Labrador was drunk and sought shelter in a dumpster. He died from a head crush.

A man's body was discovered at the Otter Lake landfill near Timberlea on Wednesday morning.

Halifax RCMP was called in shortly before 8 a.m., said spokeswoman Const. Tammy Lobb.

The body was discovered by an employee at the landfill in the front-end processing facility.

An autopsy was underway late Wednesday afternoon.

"We have the RCMP/HRP integrated major crime unit as well as the forensic identi-

fication unit on scene," Lobb said on Wednesday afternoon outside the Otter Lake gate. "They're trying to determine the cause of death."

Police are classifying it as a sudden death and are working on determining if it was suspicious.

The landfill was shut down for several hours Wednesday to allow police time to investigate the scene. It reopened at 3 p.m. but created a backlog.

HRM advised people living in several areas of the city in-

cluding central Halifax, Eastern Passage, and Sackville their garbage might not be

picked up until Thursday.

JENNIFER TAPLIN

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Labour. Health workers' strike date set for April 25

A possible strike by 3,600 Capital Health workers is one step ahead.

The NSGEU Local 42 filed a strike notice with the Department of Labour on Wednesday.

If no deal is reached, the workers will go on strike after midnight on April 25.

Capital Health has already started preparing for a possible strike. An emergency-staffing-levels agreement is in place where 27 per cent of Local 42 will be working, including 100 per cent staffing levels in the city's emergency rooms.

Mum's the word

A statement from the Nova Scotia Government Employees Union said no talks are scheduled.

Members of Local 42 include diagnostic imaging technicians, sterile processing technicians, and many others.

METRO

Fatal shooting

Preliminary hearing set

Two days have been set aside for a preliminary hearing in the case of a man accused of fatally shooting his estranged wife before attempting suicide.

Wayne Paul Eisnor is

accused of shooting his 42-year-old wife, Tina Mae, in the parking lot of a New Germany grocery store in June 2010 before turning the gun on himself.

The 49-year-old man has been charged with first-degree murder.

Eisnor was found fit to stand trial in a ruling handed down earlier this month.

THE CANADIAN PRESS

Province to proceed with anti-bullying co-ordinator

Harassment.

Opposition parties say changes to Education Act don't go far enough.



ALEX BOUTILIER
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The province is moving ahead with a recommendation to create a provincial anti-bullying co-ordinator to address the issue of cyber-bullying.

But Education Minister Ramona Jennex said the government requires more data before it addresses the bulk of Dr. Wayne MacKay's recommendations on the issue.

At One Government Place on Wednesday, Jennex revealed minor tweaks to the Education Act, which she called an "important first step" in addressing cyber-bullying.

"That's what this is all about, to make sure that our students are safe and that we're providing the appropriate supports that students need to change their behavior," Jennex



Education Minister Ramona Jennex is seen here with Premier Darrell Dexter in this file photo. RYAN TAPLIN/METRO

told reporters.

To that end, the NDP plan to hire an anti-bullying co-ordinator from within government.

In addition, government is encouraging school boards to begin collecting and reporting information on what it calls "severely disruptive behavior" to understand the scope of the issue.

That just begins to scratch the surface of Dr. MacKay's rec-

ommendations.

"It's a start," said MacKay, who chaired the province's cyber-bullying task force.

"I guess I would be less than honest that I was a bit disappointed (the legislation) didn't go further. I think there's a lot in the report, and I certainly don't think that we need a long time collecting data to determine that there's a significant problem."

The five Ws

- Liberal Education Critic Karen Casey criticized the lack of timelines in the legislation.
- "What are you going to do? When are you going to do it? How are you going to do it? Who is going to do it? And what's going to be the outcome of that? And there's nothing of that (in the bill)," she said.

MacKay said he would prefer to see the collection of data proceed at the same time as real action.

But Jennex said the government requires the data before knowing what measures will be most effective to combat the behavior.

"We're not putting out a big piece of legislation and then find out that it wasn't effective," said Jennex.

"We don't want to come in with a piece of legislation that is not clearly thought out."



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Magazine ranks fragrance mogul among elite



Barb Stegemann CONTRIBUTED

Cool & Fabulous.
Halifax businesswoman enjoying success with fragrance company

DREW CASFORD
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Barb Stegemann is making big strides in the business world as she joins the ranks

of the top Canadian innovators.

The Halifax woman grabbed a spot on Profit Guide magazine's Top 30 Cool & Fabulous Canadian Entrepreneurs with her fragrance company The 7 Virtues Beauty Inc.

"Being ranked in the top 30 group, wow!" she chuckled by phone Wednesday. "I was so honoured. And it was cool to see all of these new faces that were shaking up the in-

The rankings

Profit Guide magazine's Top 30 Cool & Fabulous Canadian Entrepreneurs were chosen based on the coolest, smartest, most inspiring entrepreneurs that demonstrate potential.

dustry by doing things a little different but authentic to them."

Stegemann doesn't come from a business background and said she didn't always know this is where she would end up. When a close friend was injured while stationed in Afghanistan, Stegemann was inspired to take action. The oil for her fragrances, The 7 Virtues, comes from suppliers in Afghanistan and Haiti, which creates seasonal employment and economic gain in the communities.

"I think entrepreneurs have to stand for something," she said. "I think consumers

want to know that you're making a difference and that you're doing something socially responsible."

Stegemann said a now-well-off company started from a small idea, a Visa card and many phone calls. Now that her product is in over 91 Bay stores across Canada, she said she is having a lot of fun.

"Just be you. I'm just doing what makes sense to me. I hope other entrepreneurs will go with their new thoughts."

DREW CASFORD/FOR METRO

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Film festival. Carter takes over as executive director of AFF

Dates

This year's Atlantic Film Festival is running Sept. 13 to 22.

This year's Atlantic Film Festival will have Wayne Carter as its new executive director.

Carter, who is from Miramichi, N.B., is replacing Gregor Ash, who held the position for 16 years.

Carter has plenty of management experience in the entertainment industry. He held the position of vice-president for both Famous Players Media and Warner Home Video.

Carter believes his background with corporations and his love of the arts will be beneficial for his new job.

"I really am a somewhat of a passionate arts lover, both in music and film," he said by phone on Wednesday. "I think I can probably bring things to the table from both perspectives, so not only hitting on the

business side but also hitting on the arts-and-culture side."

What Carter said he loves about the Atlantic Film Festival is it tells stories about the Atlantic provinces.

"It's the opportunity to present Atlantic spoken films — films that speak to our region for a number of reasons, whether they've been conceived here, filmed here ... or have an affinity for this particular area of the world," he said.

ANDREW DAVIES/FOR METRO

Trial

Alleged fraudster waiting on legal aid application

It will be another month before alleged fraudster John Alexander Allen enters a plea to a number of charges.

Allen, a former employee of Keybase Financial in Truro, requested an adjournment as his Nova Scotia Legal Aid application isn't finalized. He's waiting on financial information. He's been charged with eight counts each of fraud and breach of trust, as well as five counts of forgery — charges that allege he bilked dozens of clients out of an estimated \$14 million.

TRURO DAILY NEWS

Liverpool

Marijuana, cash seized by police

Police have charged two men after seizing marijuana and a large sum of cash near Liverpool. The RCMP said that at around 9 p.m. on Tuesday

officers pulled over a vehicle and found 100 grams of marijuana and \$2,720 in cash. Two 27-year-old men, one from Halifax and the other from Shelburne are each facing charges of possession for the purpose of trafficking and will appear in Liverpool provincial court next month.

METRO

Northern Pulp

Mill told to install new pollution equipment

Northern Pulp has been given a directive by the Environment Department to install new air-pollution equipment by November.

An operating permit issued last year by the Environment Department gave a number of "deliverables" to the mill, including reports, studies and the installation of this new equipment.

Normally, the permits are issued for a 10-year period, but because a number of permits were condensed into one and contained a large number of targets the company had to meet the permit's expiry in April 2013. NEW GLASGOW NEWS

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Khadr's transfer from Guantanamo Bay in Ottawa's hands

Diplomatic wrangling. Suggestions say reluctant Canadian government being strong-armed into taking war criminal

Convicted Canadian war criminal Omar Khadr, who became a poster child for the excesses of the war on terror, is a significant step closer to leaving Guantanamo Bay with a formal request for his transfer to Canada now in Ottawa's hands.

But diplomatic wrangling persisted, with one source suggesting the Americans were "desperate" to send Khadr home, and that a reluctant Canadian government was essentially being strong-armed into taking him.

According to the source, the Americans are "bending over backwards" to ensure Khadr's exit from Guantanamo Bay and will have to "bend their way around a number of their



Ottawa has received an application from convicted war criminal Omar Khadr to transfer from Guantanamo Bay to Canada. THE CANADIAN PRESS

own rules" to make that happen.

"The U.S. needs to get rid of this guy for their own reasons," said one source familiar with the file.

"The United States basically asked Canada for a diplomatic favour and Canada previously agreed to look at a request of this nature favourably."

A spokeswoman for Public Safety Minister Vic Toews confirmed on Wednesday that the federal government was considering the request to take him off U.S. hands, which sparked an outpouring of mostly anti-Khadr reaction among Canadians.

"The government of Canada has just received a completed application for the transfer of prisoner Omar Ahmed Khadr," spokeswoman Julie Carmichael said.

"A decision will be made on this file in accordance with Canadian law."

The Pentagon would not confirm that Secretary of Defence Leon Panetta had signed off on the formal transfer request, which also requires the president to give Congress 30 days notice.

Khadr, 25, was eligible to return to Canada from Guantanamo Bay last October under terms of a deal reached a year earlier in which he pleaded guilty to five war crimes committed in Afghanistan as a 15-year-old.

THE CANADIAN PRESS

First Nations. Court orders hearing for child welfare

A new Federal Court ruling on child welfare clears the way for First Nations to challenge federal funding for education, policing and health care, says the Canadian Human Rights Commission.

The court handed First Nations groups and child-welfare advocates a victory on Wednesday, ordering a new hearing into whether Ottawa is discriminating against native children. The ruling rejected the federal government's technical attempts to prevent First Nations groups from arguing for better funding for child welfare on reserves.

"This is an important vic-

tory, not only for the First Nations who are involved in the case, but indeed we would suggest all First Nations, because it really underpins the access to justice for all First Nations people," acting human rights commissioner David Langtry said in an interview.

"This is extremely significant to us. It's a key test of our legislation as it applies to First Nations."

The ruling means First Nations and the federal government will have a full-blown hearing about whether Ottawa is treating native children unfairly.

THE CANADIAN PRESS



A boy from Cat Lake First Nation in northern Ontario stands in the bright spring sun on April 13. HEATHER SCOFFIELD/THE CANADIAN PRESS

Day of death

Stafford trial: Rafferty bragged luck was turning

Hours before eight-year-old Victoria Stafford was abducted and killed, the man accused in her death bragged online that good things were coming.

On Wednesday, the trial of Michael Rafferty was shown a screen capture of his Facebook profile page from the spring of 2009 and on the morning of April 8 he posted: "everything good is coming (sic) my way."

Tori was abducted outside her Woodstock, Ont., school that day just after the 3:30 dismissal bell and one of Rafferty's girlfriends at the time, Terri-Lynne McClintic, has admitted she led the girl away.

McClintic, who is already serving a life sentence after pleading guilty to first-degree murder, testified that she kidnapped a child at Rafferty's urging and that he sexually assaulted Tori before she was killed.

Rafferty, 31, has pleaded not guilty to first-degree murder, sexual assault causing bodily harm and kidnapping.

THE CANADIAN PRESS

U.S. attorney who jailed Emery calls for pot legalization



"Prince of Pot" Marc Emery and his wife Jodie are shown in Vancouver in this May 10, 2010, photo. Emery has pleaded guilty in a Seattle federal court to drug distribution. JONATHAN HAYWARD/THE CANADIAN PRESS

As a former high-profile U.S. federal prosecutor, John McKay stands behind actions that had Canada's "Prince of Pot" arrested, indicted and ultimately sentenced to five years in an American prison.

But he does agree with Marc Emery on one point: marijuana should be legal.

McKay sat side by side with the cannabis activist's wife, Jodie Emery, on Wednesday as he joined the growing call from British Columbia to end pot prohibition in favour of the drug's regulation and taxation.

"We do share, I think, a belief that the underlying policies are wrong," he told a

public forum in Vancouver on throwing support to a coalition spearheading a public-education campaign that's been gaining steady momentum.

Emery's decision to sell marijuana seeds by mail to U.S. customers, including minors, was a "tremendous mistake," McKay said, and it has barred the man from gaining the platform he needs to make change.

McKay was Washington state's chief law enforcer for five years, and that's where he fully witnessed how current policy fuels gang violence through the cross-border drug trade, he said. He now teaches law at a Seattle university.

"As a person who is knowledgeable of the facts underlying our failure in marijuana prohibition, I am free now to speak out."

Since October, four former B.C. attorneys general, several Vancouver mayors and a host of police and health officers, academics and the Brazil-based Global Commission on Drug Policy have challenged provincial and federal governments to reform Canadian laws.

Jodie Emery, an advocate herself who has spoken on her husband's behalf since he went to prison in 2010, said she welcomed McKay's support.

THE CANADIAN PRESS

'Prince of pot'

Marc Emery, a high-profile marijuana activist in Vancouver, was arrested in 2009 for selling pot seeds to Americans through the mail, and extradited to the United States.

- Despite appeals to have Emery serve his time in Canada, he was sentenced to five years in prison for conspiracy to manufacture marijuana.
- He is currently serving his sentence in Georgia.

Early release?

Mothers oppose parole in slayings

The mothers of two RCMP officers gunned down in Alberta seven years ago say they don't want a man convicted in the deaths to get parole.

Shawn Hennessey was sent to prison in January 2009 after pleading guilty to manslaughter. He is to appear before a parole hearing Wednesday at the Grande Cache Institution in northwestern

Alberta. He wants day parole and unescorted temporary absences.

Doreen Jewell-Duffy, mother of slain constable Anthony Gordon, plans to attend the hearing. She has told the National Parole Board that it should turn down Hennessey's request.

"He needs to stay and serve his sentence," said Jewell-Duffy, who noted that it was Hennessey who gave gunman James Roszko a drive to the farm where four Mounties were shot in March 2005.

THE CANADIAN PRESS



Shawn Hennessey
IAN JACKSON/THE CANADIAN PRESS

Elephant exodus

Toronto zoo loses accreditation

After more than three decades, the Toronto Zoo has been denied accreditation by the Association of Zoos and Aquariums.

The zoo is still able to operate but has lost the approval of the association, a group of experts in animal management and care.

The group evaluates each zoo on a series of standards, including

veterinary care, educational programs, safety and governance.

One of its main concerns was a controversial decision to ship three of the zoo's elephants to a sanctuary in the United States.

The zoo's CEO John Tracogna says the key issue was governance and had nothing to do with its care of animals.

He said zoo officials are "disappointed" in the decision but will work to regain accreditation next year. THE CANADIAN PRESS

Fossils

Prehistoric birds found in Sask.

Four new species of prehistoric birds have been identified based in part on fossils found in Grasslands National Park in southwest Saskatchewan. Named Brodavia, it includes a new genus — Brodavis — and four new species. The species Brodavis americanus was also discovered in other parts of North America.

THE CANADIAN PRESS

'I made a mistake'

Spain's king says sorry amid outrage over hunting trip

In an unprecedented act of royal contrition, Spain's king apologized Wednesday for having gone elephant-hunting in Africa while his people endure an economic crisis.

"I am very sorry. I made a mistake. It won't happen again," King Juan Carlos said.

Looking sheepish and using crutches to walk, he spoke as he left a Madrid hospital where he had surgery after breaking his hip in a fall during the expensive trip to Botswana.

The 74-year-old had to be rushed back to Spain — now battling a 23 per cent unemployment rate.

The royal family has been in the news lately — and not for the best reasons.

The king's son-in-law is a suspect in a corruption case. And the king's 13-year-old grandson shot himself in the foot with a shotgun, even though by law in Spain you must be 14 to handle a gun.

THE ASSOCIATED PRESS

Grim photos. U.S. troops posed with bodies of insurgents, paper says

The White House and the Pentagon voiced regrets Wednesday for a new Afghan battlefield embarrassment — over photos.

Newly published shots purport to show U.S. troops posing with the bodies of insurgents in Afghanistan.

Defence Secretary Leon Panetta called it a violation of America's "core values."

"My apology is on behalf of the Department of Defence and the U.S. government," Panetta said.

U.S. President Barack Obama's chief spokesperson, Jay Carney, said the incident was "reprehensible."

The photos were published in Wednesday's Los Angeles Times.

One shows members of the 82nd Airborne Division posing in 2010 with Afghan police and the severed legs of a suicide bomber.

Another appears to show the hand of a dead insurgent resting on a U.S. soldier's shoulder as the soldier smiles.

The Army said an investigation is under way.

Panetta added, "This is



Wednesday's Los Angeles Times carries the story and the photos.

THE ASSOCIATED PRESS

war. I know that war is ugly and it's violent, and I know that young people sometimes caught up in the moment sometimes make very foolish decisions."

THE ASSOCIATED PRESS

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Losing a legend

Dick Clark,
America's 'oldest
teenager,' dies at 82

Dick Clark, the ever-youthful television host and tireless entrepreneur who helped bring rock 'n' roll into the mainstream on American Bandstand, has died of a heart attack.

After American Bandstand, he produced and hosted a vast range of programming from game shows to the year-end countdown in Times Square on New Year's Rockin' Eve.

Spokesman Paul Shefrin said Clark had the heart attack Wednesday morning at Saint John's hospital in Santa Monica, a day after he was admitted for an outpatient procedure.

Clark had continued per-

forming even after he suffered a stroke in 2004 that affected his ability to speak and walk.

Long dubbed "the world's oldest teenager" because of his boyish appearance, Clark bridged the rebellious new music scene with traditional show business, and was equally comfortable whether chatting about music with Sam Cooke or bantering with Ed McMahon about TV bloopers.

He thrived as the founder of Dick Clark Productions, supplying movies, game and music shows, beauty contests and more to TV. Among his credits: The \$25,000 Pyramid and TV's Bloopers and Practical Jokes.

For a time in the 1980s, he had shows on all three networks and was listed among the Forbes 400 of wealthiest Americans.

THE ASSOCIATED PRESS



Dick Clark died Wednesday at age 82. CHRIS O'MEARA/THE ASSOCIATED PRESS

Young mother killed, infant son abducted

Houston area. Nurse, 30, faces murder charge; baby located unharmed. Victim 'in wrong place at the wrong time,' DA says

A nurse admitted to fatally shooting a young mother in a town near Houston and abducting the dying woman's newborn son whom she apparently intended to adopt, authorities said Wednesday. Verna McClain is charged with capital murder in the killing of Kala Marie Golden, 28.

Witnesses saw a woman repeatedly shoot Golden on Tuesday afternoon in the parking lot of a pediatric clinic.

She then drove away with Golden's infant son Keegan who was found unharmed Tuesday evening at a home with McClain's sister, authorities said.

According to an arrest record, McClain, 30, admitted to shooting Golden and taking Keegan to Harris County, where the baby was subsequently found.

McClain gave authorities information that only the shooter would know, according to the arrest record.



Kala Marie Golden's husband Keith Schuchardt. PAT SULLIVAN/AP

She is being held without bail.

District Attorney Brett Ligon said McClain's statement to investigators indicates she shot the mother as part of a wider plan to kidnap any child and that Golden was simply in the wrong place at the wrong time.

"We believe we have sufficient evidence to prove that she kidnapped the child and committed the murder," Ligon said at a press conference Wednesday.

Ligon said McClain approached law enforcement at an apartment complex where detectives found a vehicle matching witness descriptions, and started to provide



In this family snapshot Kala Marie Golden, right, is shown with her two sons. Golden was murdered and her newborn was abducted. SCHUCHARDT FAMILY/THE ASSOCIATED PRESS

information about the case. But McClain did not say where the child was, Ligon said.

Instead, authorities received an anonymous tip that directed them to Keegan's location, he said. McClain was then arrested at the apartment complex and later confessed to authorities.

McClain's sister lives at the

apartment complex that detectives searched before they found the child, Ligon said.

It remains unclear who lived at the home where Keegan was found, Ligon said.

Keegan has been released to family members, according to his father, Keith Schuchardt.

Golden's mother, Linda Golden, said that she had

been babysitting another of Kala's sons when someone at the scene called her using her daughter's cellphone. She rushed to the scene.

"I wanted to kiss her before they put her in the ambulance," Linda Golden said.

Golden had no idea what could have sparked the slaying.

THE ASSOCIATED PRESS

Society of St. Pius X

Quarter-century of schism may be nearing end

The Vatican and a breakaway group of traditionalist Catholics appear to be nearing an agreement that could bring the group back into Rome's fold.

Vatican spokesman Rev. Federico Lombardi said Wednesday the Society of St. Pius X had delivered an "encouraging" response to the Vatican's demands that it accept some core church teachings.

The Vatican had rejected as "insufficient" the group's initial response last month, but Lombardi said their revised position marked "a step forward."

The Society was founded by the late ultraconservative Archbishop Marcel Lefebvre in 1969 and split from Rome over his opposition to the reforms of the Second Vatican Council, the 1962-65 meetings that modernized the church. The council revolutionized church relations with Jews and allowed for the celebration of Mass in languages other than Latin.

In 1988, the Vatican excommunicated Lefebvre and four of his bishops.

THE ASSOCIATED PRESS

\$158-million payday

Illinois couple
hit the jackpot

A retired Illinois couple claimed the third and final share of last month's record \$656-million Mega Millions jackpot Wednesday.

They said they plan to treat themselves — possibly even to a vacation.

But first they need to sort out how to invest their windfall.

Merle and Patricia Butler bought a \$3 quick-pick ticket to the March 30 drawing at the Motomart convenience store in their

village of Red Bud, a farming community 65 km southeast of St. Louis.

They have opted to collect their winnings of \$158 million after taxes in a lump-sum.

Merle Butler, 65, said at a news conference that aside from the cadre of financial advisers and lawyer he and his wife have been meeting with over the past two weeks, they told fewer than five people that they had become millionaires overnight.

The couple, who have grandchildren, have no plans other than to craft an investment strategy, then revisit what to do.

THE ASSOCIATED PRESS

Lost couple survive thanks to cabin

A husband and wife stuck in the woods outside Fernie, B.C. for three days say they were lucky to find a well-stocked cabin while they waited to be found.

Jake and Anja Oosterwijk were rescued Tuesday and have been reunited with their seven children in Fort Macleod.

Jake Oosterwijk says they took wrong turns on some back roads and got stuck in the snow. He calls the cabin they found a "beautiful prison" with a wood stove, food and water.

He says the couple is thankful to everyone in Alberta and British Columbia who searched for them.

Oosterwijk says knowing

the pain friends and family must have felt while they wondered what happened made the couple desperate to be found.

Jake and Anja Oosterwijk had not been heard from since leaving their home near Fort Macleod on Saturday for a quick trip into B.C.

The couple's seven children, who are between the ages of six and 22, became concerned, saying that the disappearance was out of character for their parents.

Police dispatched a helicopter to get them. Jake had an injured knee, but the couple were otherwise OK.

THE CANADIAN PRESS



Jacob and Anja Oosterwijk survive after being lost in the southeast B.C. woods. They found a well-stocked cabin. FAMILY PHOTO/THE CANADIAN PRESS

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Teen worker rescued after being trapped for 2 days

India. At least six people were killed when a blanket factory collapsed Sunday. Latest rescue took six hours

Compensation

\$3,800

Punjab's Chief Minister Parkash Singh Badal promised \$3,800 compensation to families of those killed, as well as a statewide audit of building safety and a separate investigation into why the factory was in a decrepit state.

Rescuers pulled a 15-year-old boy from a massive heap of broken concrete Wednesday morning, more than 48 hours after the blanket factory he was working in collapsed and killed at least six people in northern India.

The boy, who told rescuers his name was Sandeep, was carried on a stretcher from the scene in Jalandhar, a town in Punjab state, and taken to a nearby hospital.

Workers continued searching for more people buried when the three-storey factory buckled around midnight Sunday, while workers were inside. Estimates for how many may still be trapped have ranged from a dozen to more than 100.

Six bodies have been found and 60 people rescued, including three with serious injuries, district magistrate Priyank Bharti said.

Many of the factory's workers were migrants from other Indian states, including Bihar, Jharkhand and West Bengal. Sandeep said he was from Bihar.

He said he passed out when the building collapsed, and did not know how long he was unconscious before waking and finding himself in a small cavern closed off by broken concrete slabs. The two friends he was with were missing, and he does not know what happened to them.

The sound of rescuers nearby gave him hope, Sandeep said, and he screamed until he heard them respond. It then took six hours starting Tuesday night for the rescuers to finally free him Wednesday morning.

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Rescue workers carry Indian survivor Sandeep out from the rubble of a factory that collapsed in Jalandhar, India. Rescue work continues at the site of a three-storey blanket factory that collapsed in northern India close to midnight Sunday, killing at least six people. CHANNI ANAND/THE ASSOCIATED PRESS

Pakistan calls for peace over glacier dispute



A Pakistan army helicopter flies over Gayari camp which was hit by a massive avalanche which buried 140 people including 129 Pakistani soldiers last week at the Siachen glacier in Pakistan. B.K. BANGASH/THE ASSOCIATED PRESS

Pakistan's powerful army chief on Wednesday called for the peaceful resolution of a Himalayan glacier dispute with rival nuclear power India, and suggested his country should spend less on defence and more on development.

Gen. Ashfaq Parvez Kayani's comments came after he visited the site of an avalanche near the Siachen Glacier that last week buried 140 people, including 129 Pakistani soldiers. The tragedy has refocused attention

on what critics say is a futile standoff with India over an uninhabited stretch of ice where more troops have been killed by the elements than by warfare.

Kayani noted that India began the conflict when its troops occupied the uninhabited Siachen Glacier in 1984. Pakistan sent in troops, and since then both armies have been facing each other on the glacier, which is located north of the disputed territory of Kashmir.

The Pakistani army chief

said the conflict "should be resolved," and to do that "the two countries have to talk about" the issue.

Kayani did not set a time frame, and his remarks were in line with Pakistan's general position that talks are needed to resolve all its disputes with its much larger neighbour.

Pakistan and India have fought three major wars since they both achieved independence from the British empire in 1947, two of them over Kashmir.

THE ASSOCIATED PRESS

Quoted

- In a rare question and answer session with the media, Gen. Ashfaq Parvez Kayani said the security of a country was not just about borders but also the welfare of its people.

- "In only that case a country is truly secured, and we understand this," said Kayani.

New York

Diplomat's wife hit by a stray bullet, police say

Police say the 31-year-old wife of a Sudanese diplomat was hit by a stray bullet as she walked with her two children in New York.

The woman was in stable condition at Elmhurst

Hospital after the incident Tuesday. Police Commissioner Raymond Kelly said Wednesday that two brawling groups of young men started shooting and she was an innocent bystander.

Mawahib Elbahi is expected to recover.

Her husband is a diplomat at the Permanent Mission of the Republic of the Sudan in New York.

THE ASSOCIATED PRESS

Ciudad Juarez

Ammo seized at Mexican border

Mexican officials say they have seized 268,000 rounds of assault-rifle ammunition found in a U.S. truck at a border crossing in Ciudad Juarez.

Authorities who operate Mexico's border-inspections sites say a man from Dallas

was detained for trying to drive the truck across the border.

Spokesman Angel Torres said Wednesday that a gamma-ray inspection of the truck's cargo compartment revealed the presence of metal canisters holding the ammunition. The agency says it is the largest seizure in Ciudad Juarez in recent memory.

THE ASSOCIATED PRESS

Vietnam

Priest beaten, would-be orphanage destroyed: Church

A Catholic priest in Vietnam was beaten unconscious by a group of "thugs" following the destruction of a house he intended to turn into an orphanage, the church said in a statement.

The Rev. Nguyen Van Binh had built the house on a piece of land he purchased near his church.

It said Binh visited the house last weekend and found it had been destroyed and was then attacked and knocked unconscious by a group of men at the site. He suffered a torn eardrum and pains in his head and stomach.

THE ASSOCIATED PRESS



Confessed mass killer Anders Behring Breivik, left, talks with his lawyers at the Oslo court on Wednesday. "I am a militant Christian," he testified in Courtroom 250. LISE ASERUD/THE ASSOCIATED PRESS

Freedom or death: Mass killer reveals his stark choices

Norway's massacre trial. 'I view 21 years in prison as a pathetic sentence,' Breivik tells the court in sensational testimony

The right-wing fanatic on trial for massacring 77 people in Norway says he wants either freedom or death.

He called the country's set prison terms "pathetic" and argued for the return of capital punishment, which was last used in Norway to execute Nazi collaborators after the Second World War.

"Acquittal or the death penalty are the only logical outcomes of this case," the confessed killer said.

"I view 21 years in prison as a pathetic sentence."

In the third day of his Oslo terror trial, Anders Behring Breivik, 33, was grilled by prosecutors about the anti-Muslim militant group he claims to belong to.

He rejected their suggestions that the "Knights Templar" doesn't exist, but admitted he had embellished

The world reels

Breivik claims Muslim immigrants are colonizing Europe with the tacit approval of liberal governments. That's why, he says, he went on a murderous rampage that shocked the world.

- **Oslo.** Eight people were killed in a bombing at government headquarters.
- **Utoya.** Sixty-nine people, mostly teenagers, were shot to death on the island outside the capital.

when describing the network in a 1,500-page manifesto he published online before the bomb-and-shooting rampage on July 22. He described it as a leaderless network consisting of "independent cells."

Prosecutors told reporters after Wednesday's hearing they don't believe the group is real or that the meetings Breivik claims took place in Liberia, Britain and the Baltic countries ever happened.

The issue is of key importance in determining Breivik's sanity, and whether he's ul-

timately sent to prison or compulsory psychiatric care.

If found sane, Breivik could face a maximum 21-year prison sentence or an alternate custody arrangement that would keep him locked up as long as he is considered a menace to society.

If declared insane he would be committed to psychiatric care for as long as he's considered ill.

Breivik described himself as a resistance fighter ready to die for his cause.

He said there are too many "keyboard warriors" among Europe's far-right militants, and they have a lot to learn from al-Qaida, including its glorification of martyrdom.

"If I had feared death I would not have dared to carry out this operation," he said.

Survivors and relatives of those killed have expressed concern that the trial is giving Breivik a platform to express his radical views. A lawyer for the bereaved on Wednesday questioned him about his faith.

"I am a militant Christian," Breivik replied, though he added he isn't "particularly religious."

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The words of killer Breivik

"July 22 wasn't about me. July 22 was a suicide attack. I wasn't expecting to survive that day."

"I acted in self-defence on behalf of my people, my city, my country."

"I don't recognize Norwegian courts because you get your mandate from the Norwegian political parties who support multiculturalism."

"I admit to the acts, but not the criminal guilt."

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Ahead of the Curve

Bollywood actress Katrina Kaif displays Research In Motion's new low-priced BlackBerry Curve 9220 at a launch in New Delhi on Wednesday. RIM hopes the new model will attract users in India's thriving telecom market. The new device comes after reports earlier this month said RIM has agreed to give the Indian government access to private instant messages from users, though the company has so far refused to comment. SAURABH DAS/THE ASSOCIATED PRESS

Canada losing in oil price increases: BoC

Crude costs.

Oversupply and capacity contributing to the undervaluing of western Canadian oil, Bank of Canada says

The Bank of Canada says Canadians are losing out on the run-up in world oil prices, which is impacting everything from business input costs to consumer spending and inflation.

In a new analysis of the current make-up of crude prices, the central bank said Wednesday that Canada has been importing high-priced Brent crude pumped in the

North Sea and exporting lower-priced oil from Alberta since January, negatively impacting overall trade.

"The increase in the price of our oil imports raises production costs for Canadian firms and also puts upward pressure on gasoline prices, since about half of the gasoline purchased in Canada is produced using refined petroleum priced off Brent," the bank said in a statement.

That puts downward pressure on Canada's real gross domestic income, dropping the country's spending power to buy foreign goods and services, the bank said.

In turn, it also dampens

spending on domestically produced goods and services.

Increases in oil prices are usually beneficial to Canada because the country exports more than it imports, with the resulting gain in real income from exports more than offsetting cost increases for businesses and consumers who must fill up at the pump.

"This is why the recent evolution of oil prices since January has been unfavourable for Canada," the bank said in its Monetary Policy Review, noting that about half of the gasoline purchased in Canada is more closely tied to the higher-priced Brent supply.

THE CANADIAN PRESS

Market Minute

DOLLAR
100.88¢ US (-0.11¢)

TSX
12,128.89 (-8.05)

OIL
\$102.67 US (-\$1.53)

GOLD
\$1,639.60 US (-\$11.50)

Natural gas: \$1.951 (No change)
Dow Jones: 13,032.75 (-82.79)

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Carney denies he was offered BoE post

Questions arise.

Financial Times report suggests Bank of England might have its eye on the Canadian central banker

Mark Carney was given a chance to finally, unequivocally squelch reports he might leave his post early. He was equivo-

cally successful.

In his first public remarks on the issue Wednesday, the Canadian central banker denied — indirectly — he had been approached to take over the same post at the Bank of England, as reported by the Financial Times newspaper. He seemed even less categorical when asked if he will commit to serving out his term in Canada, which runs to 2015.

"The report is not accurate,"

Commitment?

"It's an honour to have this position and I intend to fulfil it."

Bank of Canada governor Mark Carney, on whether he will serve out his term

he said at a news conference in Ottawa when asked if he was approached as reported in the London-based newspaper.

The denial repeated lan-

guage issued from the Bank of Canada Tuesday night, but Carney offered no more insight as to why the newspaper would say he was approached to run the United Kingdom's central bank.

The governor added he was focused on his responsibility as governor of the Canadian central bank and chairman of the Swiss-based Financial Stability Board.

THE CANADIAN PRESS



Bank of Canada governor Mark Carney speaks to reporters at a news conference in Ottawa on Wednesday. ADRIAN WYLD/THE CANADIAN PRESS

Outlook. Economy gaining momentum: BoC

The Bank of Canada is taking a more positive view of the Canadian economy, while doubling down on warnings over household debt, the strong dollar and now the price of oil.

Building on Tuesday's policy rate announcement that predicted 2.4 per cent annual growth this year and next, the central bank's quarterly monetary policy review provided a generally positive spin on Canada's economic outlook — particularly in the first half of this year.

The central bank said growth in the first three months of the year will likely be a relatively robust 2.5 per cent annualized, well above the 1.8 level it had expected in its January report.

The second and third quarters will be similarly stronger than previously thought, it said, allowing the economy to return to full capacity for the first time since the recession

by the first half of 2013 — as much as six months earlier than anticipated. Then the expansion will moderate, but remain positive.

"The economy has some momentum," bank governor Mark Carney told reporters following release of the monetary policy report.

The quicker closing of economic slack is consistent with Carney's signal on Tuesday that he may be preparing to hike interest rates sooner than many believed, perhaps as early as the fall, analysts said.

"The growth forecast presented by the bank would certainly justify some upward move in rates over the coming year or so," said CIBC chief economist Avery Shenfeld.

He cautioned, however, that only a minor setback would be needed to stay Carney's hand.

THE CANADIAN PRESS

Travel

WestJet teams up with Thomas Cook

WestJet Airlines said Wednesday it has an exclusive arrangement to fly sun destination charter flights for Thomas Cook Canada next winter.

The announcement, which came less than a week after the leisure travel company made an early exit from a five-year deal with Jazz Aviation, will see WestJet provide all flights for Sunquest Vacations in the 2012-1013 winter season. THE CANADIAN PRESS

Retail

Couche-Tard expands to Europe with \$2.8B deal

Canada's largest convenience store chain is launching a long-anticipated overseas expansion with a \$2.8-billion US deal to buy Scandinavia's leading oil retailer. Alimentation Couche-Tard's shares hit a series of all-time highs on the TSX on Wednesday after the deal for Statoil Fuel & Retail ASA, the independent retail operations of Norway's state oil company, was announced.

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LOOK OUT! A BEAR!

If you're not already playing dead, you need to read this article. If one of your fellow transit passengers read this and is curled up on the bus floor,

leave them there. They did the right thing.

Did you know that 90 per cent of the bear maulings that happen on public transit are preventable? It's true.

How do I know so much? Well, I love spending time in the Canadian wilderness, where the weather is unpredictable, deadly wildlife is everywhere, and several of the hostels have Wi-Fi that only works, like, half the time. So I know about roughing it.

Just saying

I've been thinking about this because last week there was a viral news video that showed a bear roaming in a Los Angeles neighbourhood. It even crossed paths with a man who had his head down while walking and texting. In a moment of tragedy, that man survived.

I've even hiked in the majestic Rocky Mountains. (They're inevitably described that way because, like royalty, they serve no practical purpose.) In the Rockies, you can't help but appreciate life to the fullest, because residents constantly remind you that it could end at any moment.

Every time you turn around, someone is reminding you that you're in "bear country," which unilaterally seceded from Canada in 1994. "Hello, and welcome to the Stay-a-While Inn," they'll say, "where we haven't had a bear mauling in 26 minutes. You're in room 122."

Please be advised, there is a bear warning in your bathroom."

And bear country is growing. I've been thinking about this because last week there was a viral news video that showed a bear roaming in a Los Angeles neighbourhood. It even crossed paths with a man who had his head down while walking and texting. In a moment of tragedy, that man survived.

But you might not be so lucky. Bears wandering in suburbs will become more common with climate change (i.e. bears can't afford downtown condos in this economic climate), so you'd best be prepared.

Here's what you need to know:

- Watch closely for signs that a bear might be nearby. These include hats, bow ties, neckties, and stolen picnic baskets. Also, ranger carcasses.
- LOOK OUT! Did you play dead this time? (Bonus tip: This also works in human relationships.)
- Sometimes playing dead doesn't work and it's better to fight back. The rule of thumb is that if a bear's putting a big sprig of parsley on your back, he's not buying it.
- Unless you've spent the last 10 years investing money in RIM, don't run. Bears can run at high speeds for long periods of time. And if you do start to get away, they'll just jump on one of those bicycles they always ride, while their trainer applauds them on.

And those are my tips. I hope you found them helpful.

OK, you can get up now. Unless there's a bear. In which case, feed it someone walking and texting. Everybody wins.



Gasp! A bear! DAN KITWOOD/GETTY IMAGES

New York City comes full circle



RANDY SCOTT SLAVIN /REX FEATURES /RANDYSCOTTS LAVIN.COM

Spin city

Surreal landscape photo

For American photographer and filmmaker Randy Scott Slavin, it's a topsy-turvy world out there, full of "wonder and different perspectives." For his Alternate Perspective photo series, the 34-year-old New Yorker travelled across America turning everyday surroundings into surreal landscapes.

METRO

A picture is worth...

100

individual images of a scene are used to build up a 360 degree photo. Then, using computer software, Slavin stitches them together to make a stereographic projection. Battery Park Night (above) was 35 photos, each with an exposure time of three seconds.

60 seconds



Randy Scott Slavin

Mesmerizing images — what inspired you?

Growing up, I was always inspired by the surreal, disorientating artwork of M.C. Escher.

But overall I'm motivated by seeing the world in a whole new perspective.

What was your biggest challenge in this art project?

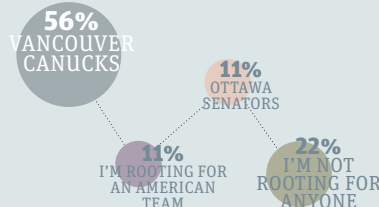
It wasn't so much that I needed to take many photographs of the one scene as capturing it all many times with the constantly changing light. Also, standing outside in freezing winter air was not a pleasant experience.

ANTHONY JOHNSTON



Register at metropolitanpanel.ca and take the quick poll

Which Canadian team are you rooting for in the NHL playoffs?



Twitter

@StooMets:

So many beautiful rainbows up in #Halifax, its beautiful, in solidarity, in remembrance, in healing. :)

@SeoulShakin:

Not proud of what happened in Halifax, but glad to see many colours out today and Haligonians standing up against the hate and violence.

@DartmouthDerek:

Great day for a walk in the public gardens. #halifax

@moreareeven:

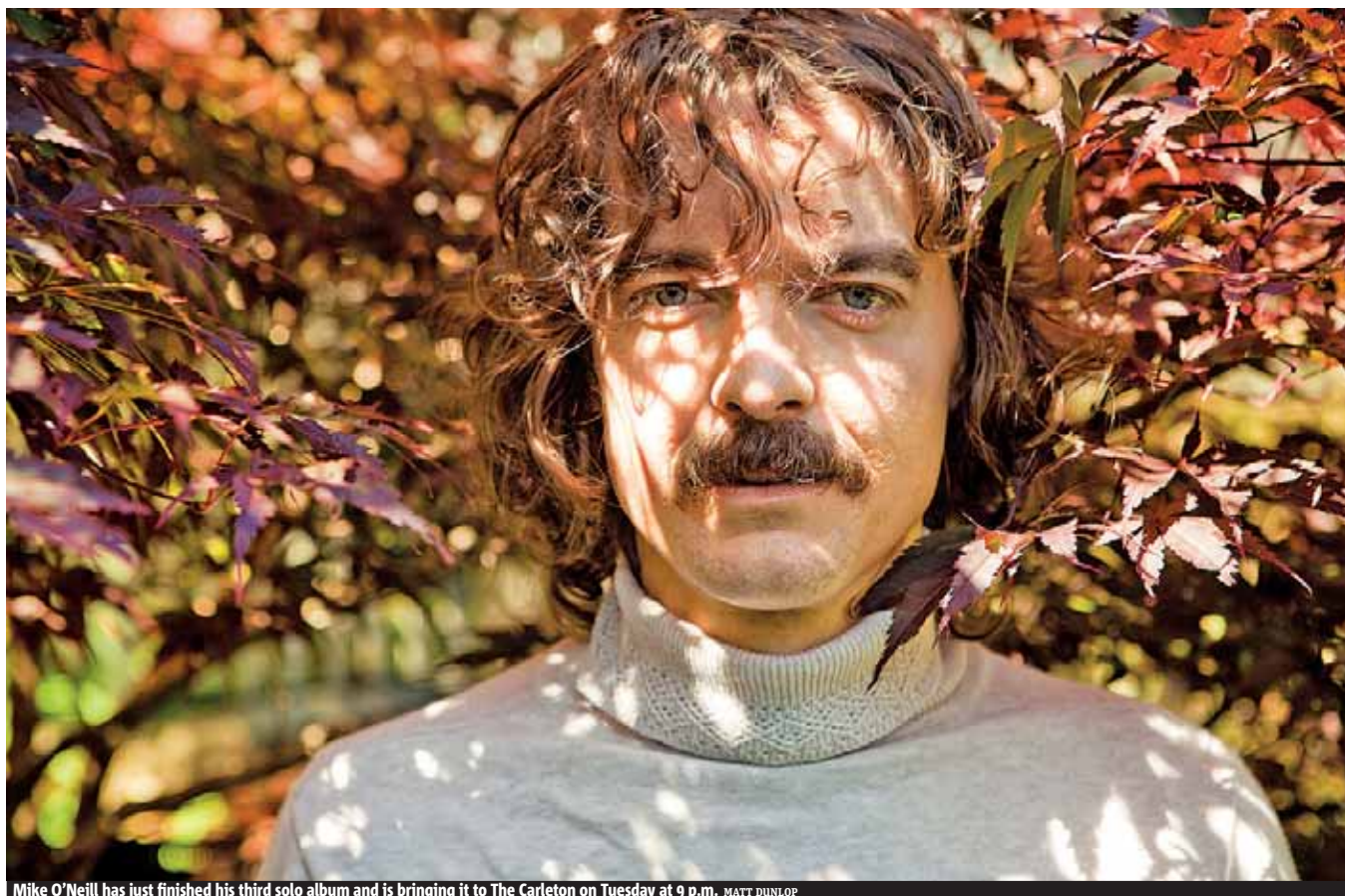
It's a beautiful day in #Halifax! Maybe a walk on the water front this evening?

@yellalemon:

Such a beautiful day in #Halifax! Yeah, spring!! #sunshine

@codygivesahoot:

Today's goal is to find a teapot in #Halifax for the new apartment.



Mike O'Neill has just finished his third solo album and is bringing it to The Carleton on Tuesday at 9 p.m. MATT DUNLOP

Singer-songwriter juggles multiple projects

Mike O'Neill.

Musician writes music for TV to pay the bills and squeezes in his personal projects when he can muster up the time



BACKSTAGE PASS
Jenna Conter
halifax@metronews.ca

Quoted

"You make one thing and it lives on and somebody takes care of the rest, but I'll always have my own project that I believe in and keep that separate."

Singer-songwriter Mike O'Neill

Mysterious musician by night, McDonald's fry salter by day. Therein lies the alter ego of a musician that needs to make rent. Some swap the deep fryer for a milk steamer or an Empire Records montage, but it still smacks a certain harsh reality. For some the Joe Job merely pays the bills, but for

Mike O'Neill, the line between the passion and the paycheck has been creating some beautiful music.

"I write music for TV," O'Neill shares in an interview. "That won me a Gemini."

In his first life, O'Neill was a member of The Inbreds, an indie-rock band that toured with

the likes of the Tragically Hip and the Foo Fighters. By 1998 the band broke up and O'Neill quickly turned into a solo artist.

"I always wrote the songs for [The Inbreds] so for me to go from that band to a solo career wasn't a huge change," says the Halifax singer-songwriter.

It's been eight years since O'Neill delivered an album. His latest, *Wild Lines*, took five years to complete.

"I would describe myself as a modern musician — I'm just making records when I can get to them — then the phone rings and there is some job I have to do so I put it on hold."

Suffice to say he's been busy. "I had started writing a feature film with Mike Clattenburg, which we shot last year and I worked on the sound for *Chef Abroad* where I travelled all around the world to record," O'Neill says.

Finally finished his third solo album, and bringing it to The Carleton on Tuesday at 9 p.m., O'Neill has cleverly merged talent, creativity, and the acceptance of royalties.

"This balance of having your career on the side and getting to it when you can seems to work for me."

Star Wars exhibit. Montreal showcase encourages character studies

A new Star Wars exhibit is packed with film-prop drawing power for the hardcore aficionado: from Han Solo's "carbonite" prison, to Anakin Skywalker's full-size pod-racer, to Princess Leia's metal bikini.

The Montreal Science Centre's interactive, multimedia

exposition, titled *Star Wars Identities: The Exhibition* creators hope to encourage patrons to look inward for their own journey of self-discovery — through the Star Wars lens.

The goal is to teach visitors about the origins, influences and choices that moulded the

films' heroes.

"What shaped them? Be it the design process or what you see up on screen. But then turning the mirror around: Well, how do you see yourself in that as well?" says Kyra Bowling, exhibition manager for Lucasfilm Ltd.

THE CANADIAN PRESS

2

SCENE

Scene in brief

Beliebers will get new album on June 19

Have faith, Beliebers: Justin Bieber says his new album will be out June 19. Believe is Bieber's third full-length release and both prior albums — 2010's *My World 2.0* and last year's Christmas disc *Under the Mistletoe* — opened at No. 1 on the Canadian charts en route to multi-platinum sales. Bieber revealed the news during an appearance on the reality singing competition *The Voice* on Tuesday night. The 18-year-old Bieber sparred awkwardly with judge Adam Levine before making the announcement, while also pledging to return for the NBC show's season finale in the coming weeks. He says he'll perform his new single, *Boyfriend*, then. The song has topped the charts in Canada. Host Carson Daly pressed Bieber on whether *Believe* could possibly be delayed, but the Stratford, Ont., native was firm in his response. "I'm positive. I'm not going to change the date," he said.

THE ASSOCIATED PRESS

On the web



Great geeks: Morgan Spurlock trains lens on cultural phenomenon of Comic-Con



The exhibit has 200 Star Wars props. PAUL CHIASSON/THE CANADIAN PRESS

Alabama Shakes take off on their magic carpet ride



The Alabama Shakes', from left, Heath Fogg, Zac Cockrell, Brittany Howard and Steve Johnson. JACK PLUNKETT/THE ASSOCIATED PRESS

Debut album. Boys & Girls getting lots of attention from the music industry, critical acclaim from media across the planet

Brittany Howard already had her life planned out by the time she hit her 20s, and it didn't include any of this.

The lead singer and force of nature in Alabama Shakes, rock 'n' roll's newest phenomenon, already had a good job delivering mail and hoped to hold onto it.

Like many folks reared in the rural South, she didn't expect much more. Maybe she could carve out a little happiness with a husband and some kids.

"Where we're from, playing music and just playing music is not an avenue to

take," Howard said.

"It's not an option. Because like, where we're from, most of the people, they've tried their best to get the best job they can and then they stay with that job until they can retire. So music was just kind of like our hobby. It was something we would do to release at the end of the day or still feel like human beings."

In less than a year, all that has changed and her quartet from Athens, Ala., has become a success story so unlikely even the band's manager calls it "an anomaly." Maximum buzz has preceded the Shakes' debut album *Boys & Girls* with sold-out tours of the United States and Europe, fawning media coverage and an endless string of surprises.

Howard, 23, sat down for a morning interview early in the band's overstuffed run through the South By Southwest Music Festival last month.

The band rented a house in a tony section of town and was loose and celebrating over breakfast tacos after a successful Austin City Limits taping and in anticipation of a heavy schedule of live showcases at the music conference.

They'd just learned they'd be joining Jack White for part of his tour and big opportunities seemed to be coming up every day. **THE ASSOCIATED PRESS**

Mraz brings a new kinda love

Folk-pop. California singer breaks his heart open for new love-themed disc, on heels of multi-platinum performance

It's been nearly four years since Grammy-winning troubadour Jason Mraz released his multi-platinum album *We Sing. We Dance. We Steal Things* and its sunny ukulele-infused hit *I'm Yours*.

The California singer-songwriter says he had planned to tackle a follow-up to that disc at the end of 2010, and even had 40 or 50 new tunes written for it.

But one day he realized the tracks were "the work really of just clever songwriting" and didn't fit into his vision of a "love" concept album.

Mraz then told himself: "I need a little bit more experience in the world. I need to get out of my head and go break my heart open somehow," the socially conscious pop-folk artist recalled in a recent interview to promote his new album, *Love Is a Four Letter Word*, out this week.

"So I started doing more volunteer work and I started travelling more and pushing myself — surfing bigger waves, riding my bicycle farther, even questioning the relationships in my life to say, 'Do these really serve me and am I showing up the best way I can possibly show up, or am I just trying to fit some mould?'"

"I realized how many things I was attached to that were stopping me from being the strongest and have the most interesting life that I could. And once I broke that open, songs around May of 2011 really started to just pour out ... from my heart and not just from my pen."

Mraz tested tunes for *Love Is a Four Letter Word* on the road last year with his long-time friend, percussionist Noel (Toca) Rivera.

The trek took them around North America, Europe, Asia, Australia, New Zealand and Africa, where Mraz sang the cover tune *Freedom Song* — which is on his new album — with children living in a shelter in Ghana.

"It was raining one night when I first arrived, they all met me outside and they were singing the *Freedom Song* and they knew it word for word and it blew my mind," said Mraz, 34, noting the chil-



Jason Mraz, known for feel-good, hippie hits like *I'm Yours* and *The Remedy*, released his latest album *Love Is a Four Letter Word*. CARLO ALLEGRI/THE ASSOCIATED PRESS

Behind the tunes

More than just music

- **Charity.** A longtime philanthropist, he's created his own charitable foundation, helped with efforts to clean up the 2010 oil spill in the Gulf of Mexico, and recently went to Antarctica

with former U.S. vice-president Al Gore to learn about climate change.

- **Eating.** Mraz is also a vegan and has an avocado farm in San Diego, where he got his start performing in coffee houses.

dren first learned the track from the non-profit organization that he worked with in Ghana, Free The Slaves.

"It again woke me up to the power of songwriting and what it can do to make someone's day or brighten up a moment."

Dancing and playing music and games with children there also taught Mraz he can connect with kids — something the Virginia native said he'd never before felt, even when he was young.

"That's the first time I ever thought, 'I could have kids, I could see how I could actually contribute to another little

kid's life,'" said Mraz.

"When parents say 'Oh, you get to relive your childhood all over again through your children,' I saw that too and I was like, 'Oh, this is a good idea. Maybe I'll adopt.'"

Though love is the theme of the new album, it's about more than just courtship of a relationship.

"It's compassion for others, compassion for oneself, it's loving unconditionally," said the soft-spoken Mraz, who's won two Grammys.

"There's a couple of baby-making jams on there but it's not all romantic love."

THE CANADIAN PRESS

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THE WORD

Dorothy Robinson
scene@metronews.ca

The State Supreme Court-house in lower Manhattan was bathed in light on Tuesday night as movie stars (Catherine Zeta-Jones, Michael Douglas, Robert De Niro, and Dakota Fanning to name just a few), business titans (Ronald Perelman), media mavens (Katie Couric, Charlie Rose, Jared Kushner), designers (Tory Burch, Donna Karan, and Rachel Roy) and Mayor Michael Bloomberg kicked off the 11th year of the Tribeca Film Festival at the uber-swank Vanity Fair party.

We asked these celebrities: What's the first film you remember seeing that had a major impact on you?

Katie Couric

"My mom took me to The Birds when I was five-years-old. I don't think she knew how gory it was. And I remember running up and down the aisles screaming. And maybe that explains a lot. A lot."

Jane Rosenthal (festival co-founder with Robert De Niro):

"Mary Poppins. She was like the first super-hero woman. She could do everything. She was magical. She seemed to do it all. And there's a little girl named Jane so I really liked that too. I can still sing all the lyrics, but I won't."

Bob Balaban:

"The 5000 Fingers of Dr. T. was a really big movie for me. It's a cult classic now. It was a fantasy. It was MGM in the early '50s. It was all about a little boy and his piano teacher and he falls asleep and has a dream in which they built a piano

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



where they had however many children — 5,000 fingers playing the piano. It's pretty beautiful."

A Douglas moment

- Reporters called to couple Michael Douglas and Catherine Zeta-Jones (who looked ravishing in a one-shoulder gray sequined dress and Christian Louboutin heels) to come over but they wouldn't talk. "We talked all last night," said Douglas, referring to Monday night when he was honoured for his contributions to the theater at the 12th Annual Monte Cristo Awards.

stocks and bonds and what the differences were and what yields were."

Tory Burch:

"I always loved To Catch a Thief, especially for the clothes. It inspired me as a designer. I thought that the style was amazing."

John Forté:

"I remember cutting class one day to see Conan the Barbarian. We snuck into the wrong theatre and ended up seeing Wall Street. My friends fell asleep but I was captivated. I came home and started asking my mom to see the business section of the newspaper so I could learn about commodities trading and about

Perry 'a lost soul right now'?

Katy Perry has been putting on a brave face in the wake of her split from Russell Brand, but sources claim the pop star is pining for her comic ex, according to Us Weekly.

"Katy's been trying to get him back. She's a lost soul right now," a source says. The sudden change was reportedly spurred on by a trip to India earlier this month, where Perry and Brand tied the knot in 2010.

"She'd already been missing Russell. Being back there stirred up even more old feelings."

But a rekindled romance isn't likely, the source warns. "Right now, Katy and Russell are trying to get to the point where they can at least be friends."



Sharon Osbourne

Osbourne has some harsh words for Cowell

Sharon Osbourne has a few not-so-nice words for former co-worker Simon Cowell, now that an unauthorized biography on the X Factor boss claims Osbourne quit the reality show because she was jealous of Cowell's alleged affair with fellow judge Dani Minogue.

"I left because I didn't like that girl. When it's

not fun, you go," Osbourne insists on her talk-show, The Talk, in response to the story.

"I couldn't care if he was having sex with anything." But the outspoken Osbourne didn't leave it at that: "I think he is a victim of small penis syndrome," she adds. "You can't buy the goods."

Paquin and Moyer expecting their own lil' vampire

True Blood co-stars Anna Paquin and Stephen Moyer are expecting their first child, a rep confirms to People magazine. The pair met on the HBO vampire series in 2007 and tied the knot in 2010 during a seaside ceremony in Malibu.

Shortly after they wed, Paquin had expressed hesitation about getting pregnant.

"I have trouble planning anything more than brunch with my friends," Paquin told Marie Claire at the time. "But when the time's right, we'll do it."

This is Oscar-winner Paquin's first child, while Moyer has a son and a daughter from previous relationships.



Anna Paquin. ALL PHOTOS GETTY IMAGES

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3

LIFE

Today's picks

Kenzo for Vans

Vans has churned out too many special editions of its classic Era shoe to count. Some of them have been really good. Others have just been, eh (pink Hello Kitty lace-ups, anyone?). But its latest collaboration with Kenzo achieves a rare perfect balance, basically creating a kind of prototype for what the skate shoe should be: colourful, a little off-beat and cool. The collection, designed by Humberto Leon and Carol Lim, features the same net graphic prints from their spring/summer '12 collection in seven different colourways. They're almost too cute to ollie in.

kenzo.com

The paisley tee

Raf Simons is a hot topic, now that he's been named the new creative director of Christian Dior. A graphic shirt from his critically acclaimed ss12 collection for Jil Sander is not only an on-trend update for your jeans and Tee combo (paisley is everywhere right now), but a cool investment for hardcore fashion collectors.

KENYA HUNT, METRO WORLD NEWS IN LONDON

On the Web



Designers from Edmonton, Toronto and Montreal among TFI New Labels finalists

Going out with a bang

Straight up. Rooney Mara's bangs in *Girl With the Dragon Tattoo* were all over last month's fall 2012 runways. But does this polished look work in hot, sticky weather? We discuss

ROMINA MCGUINNESS
Metro World News in London

bangs in last month's runway shows). Let's be honest, though; a major part of the appeal is her attitude. "The best way to pull off a really cool fringe like Rooney Mara's is to have that effortless confidence. I'm seeing a lot of different fringe styles right now — straight, wavy, long, short, super short — but it's all about figuring out which look works best for you and owning it."

2

Pick your products wisely

Yes, you want your hair to look great, but you don't want to cause forehead breakouts under there. "Always go for a product that is lightweight and that will protect your hair against heat and humidity. Something like Bumble and Bumble Straight Blow Dry cream will work best. And maybe add a light holding spray at the end," Ruggiero adds.

3

Maximize one cut

Turn the most annoying part about wearing bangs — the fast grow-out — into an opportunity to play around with



Behold, the look that started it all: Rooney Mara's razor-sharp, super-cropped bangs. GETTY IMAGES

your 'do.

"Cut your fringe really short and then let it grow out getting a trim every four to six

weeks," he says. That way you can go super short one week, and longer and side-swept the next.

Three to compare



1

Short

Alexa Chung

Alexa's bangs aren't quite as blunt as Mara's, making for a more natural, undone look.



2

Longer

Jennifer Lawrence

Jennifer Lawrence's beachy fringe has that, "I've just come back from an island holiday," thing happening.



3

Longest

Rihanna

Rihanna nails the between-haircuts-sideswept 'do.

Hair products to keep your fringe under control



Bumble and Bumble
Straight Blow Dry

\$28, bumbleandbumble.com



Oribe

Imperméable
Anti-Humidity Spray

\$38, oribe.com



Frederic Fekkai

Smooth Sailing
Anti-Frizz Cream

\$25, fekkai.com

Show me to the shoes, bring me to the bags

Fashion editor finds. Check out what style connoisseurs have on the very top of must-buy lists this spring

THE KIT
thekit.ca

A-List Update

Known for footwear you can rely on, Rockport asked celebrity stylist Annabel Tollman to dial up their spring collection. "Rockport's ability to make style comfortable and create great-looking heels that I can wear all day is what drew me into them," says Tollman.

Her clients include Scarlett Johansson, Liv Tyler and Mary-Kate and Ashley Olsen. Rockport Janae leather buckled bootie, \$200, and Janae Dorsay leather ankle strap

\$140,



Swish Sneakers

Looking for walking shoes with a little more luxe than your average sports store can deliver? Chanel's Spring 2012 sneakers in classic beige and black will elevate jeans and a T-shirt beyond errand-running attire. Chanel canvas and leather sneakers, \$630, chanel.ca



streets of New York by a rambunctious Weimaraner, looking chic with Longchamp's new spring select: a lizard-printed hobo-shaped handbag. Perfect for walking the dog, running daytime errands and a night on the town. Balzane Iguane lizard-printed hobo bag, \$1,300, longchamp.com

GET ALL THE LATEST BEAUTY KNOW-HOW AT THE KIT INTERACTIVE MAGAZINE, AT THEKIT.



Longchamp Loves Coco

Our favourite Canadian model Coco Rocha is the face for French handbag maker Longchamp's Spring 2012 handbag campaign. Rocha is dragged through the brick-lined

Twitter



JEANNE SPACE
Jeanne Beker
life@metronews.ca

IN THIS HECTIC MODERN WORLD, TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND, AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.



@Jeanne_Beker: Going to my first baseball game of the season! Always inspired by stylish sports fans. How do YOU dress for a ballgame??

@onemarathon

in platform shoes and a tom ford cape of course. What else would anyone wear?

@Jeanne_Beker Oh the vision you conjure up! Would so adore running into you at the hot dog stand...

@bwilso42

Jeans, TOMS, classic white T-shirt and my Jays Hat from the last time they won the world series.

@Jeanne_Beker Direct and to the point! Sounds like perfection. But it's chilly tonight. A wind-breaker peut etre??

@MAHADEV_108

ballcap, cargos, chucks converse and a white tee.

@Jeanne_Beker Love it. But might need a jacket. These spring nights are still chilly....

@djmckimm

ballcap, cargos, chucks converse and a white tee.

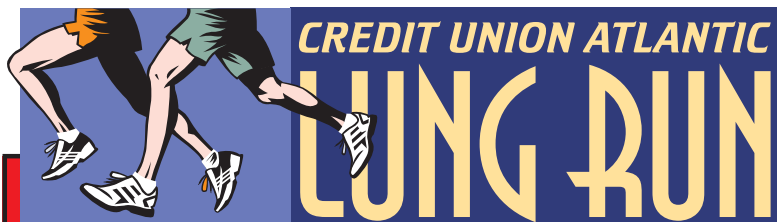
@Jeanne_Beker Too cute! Something pretty "base-ic" right?



@Jeanne_Beker: Go Jays!!!



@Jeanne_Beker: Happy Baseball Birthday, Bekky! @qualityslippers Rocking out at the Sky Dome!



THANK YOU!

On April 14, 2012 the 6th Annual Credit Union Atlantic Lung Run had 716 runners, walkers and people who support healthy lifestyles raise a record of **\$67,000** to improve lung health in Nova Scotia.

The Lung Association of Nova Scotia extends our deepest appreciation and thanks to all the participants, supporters, sponsors and volunteers who took part in the Credit Union Atlantic Lung Run.



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Maple Carrot Cakelets with Cream-Cheese-Maple Frosting



This recipe makes 12 cakelets. EMILY RICHARDS



DINNER EXPRESS
Emily Richards
food@metronews.ca

For an added bit of sweetness in these cakelets, use a wooden spoon handle to make a small hole in the centre of each one and fill it with some icing before spreading the top with icing.

1. In bowl, whisk flour, baking powder, cinnamon, nutmeg and baking soda; set aside.

2. In bowl, whisk maple syrup, sugar, eggs, butter and vanilla until smooth. Stir flour mix into maple syrup mix and stir to combine. Stir in carrots.

3. Scoop batter into 12 greased or lined muffin tins. Bake in centre of 350 F (180 C) oven for about 25 minutes or until cake tester inserted in centre comes out clean. Let cool completely.

4. Cream-Cheese-Maple Frosting: In bowl, beat cream cheese and maple syrup. Gradually add

icing sugar and beat until fluffy and smooth. Spread each cakelet with frosting and sprinkle with sprinkles if desired.

EMILY RICHARDS, PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA

Ingredients

- 2 cups (500 mL) flour
 - 2 tsp (10 mL) baking powder
 - 1 tsp (5 mL) cinnamon
 - ½ tsp (2 mL) ground nutmeg
 - ¼ tsp (1 mL) baking soda
 - ¾ cup (175 mL) pure maple syrup
 - ½ cup (125 mL) brown sugar
 - 2 eggs
 - ½ cup (125 mL) butter, melted
 - ½ tsp (2 mL) vanilla extract
 - 1 ½ cups (375 mL) grated raw carrots
- Cream-Cheese-Maple Frosting**
- 4 oz (125 g) light cream cheese
 - 2 tbsp (25 mL) pure maple syrup
 - 1 1/3 cups (325 mL) icing sugar

Cookbook of the Week

The Back In the Day Bakery Cookbook



Back in the Day Bakery is a Savannah, Ga., landmark. To celebrate its 10th anniversary, owners Cheryl and Griff Day have written a book filled with customers' favourites.

The book is packed with the couple's baking know-how and recipes for their Buttermilk Biscuits, Old Fashioned Cupcakes, Chocolate Bread, Cinnamon Sticky Buns, S'more Pie, Drunk Blondies and more.

Full-colour photos of food and behind-the-scenes bakery shots give readers a glimpse into the sweet daily life at the bakeshop. **METRO**

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Removing grease from napkins

Pre-treating is the key



CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Dear Charles the Butler, In being more environmentally friendly, my whole family uses cloth napkins instead of paper napkins. The problem is that although we regularly wash them, greasy food stains stick around. I've tried spot cleaning

with Dawn liquid dish detergent, which often has good results, but it's a time-consuming job. I'm wondering, is there a better — and less time-consuming — way to remove grease stains?

Sally

Dear Sally,

Nice to hear you're teaching your family about their environmental footprint.

I too use cloth napkins. They're more environmentally friendly and they are so much more enjoyable!

So how to clean these napkins? Unfortunately, each stain does need to be pre-treated.

Time consuming, I know, but good dry cleaners deal with each stain/spot individually before a general cleaning.

A ph-neutral soap, like what you're currently using, should be applied to each grease stain, let it sit then rinse with cold water. To really work that stain, try soaking the napkins over night in a pail.

You could also try commercial spot removers if regular soap is not doing

the trick.

It's important to remember if the stains are still on the napkins when you take them out of the washer, do not put them in the dryer until you re-treat the stain again.

What goes into the dryer comes out the same way, and then it is permanent!

From now on, buy natural fabric cloths because they are easier to clean.

DO YOU HAVE A QUESTION?
EMAIL ASKCHARLESTHEBUTLER@METRONEWS.CA

Mount Saint Vincent University Department Of Applied Human Nutrition Attn: Parents Of Children Aged 9-14 Years

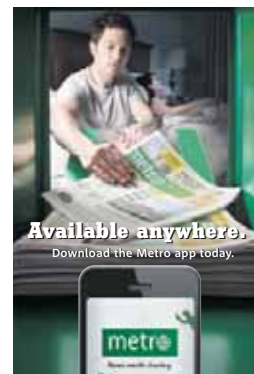
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Builders accepting challenge

Ratings. Association 'blown away' by EnerGuide results of new homes

JON
TATTRE
For Metro

Maximizing the energy efficiency of your home could save you \$1,200 per year in bills and cut your carbon footprint by 5,000 tons annually.

The Nova Scotia Homebuilders Association issued a challenge last year for builders to create the greenest homes possible and were blown away by the results: The Denim Home in Lower Sackville and the Whitestone Development in Dartmouth.

Paul Pettipas, CEO of NSHBA, said at the opening of the homes that the typical EnerGuide rating for efficiency in a Canadian home is 80. The Denim Home project has a 96 rating and the Whitestone Development project is 94. That almost perfect score is exceptional now, but Pettipas compares it to R2000 in the 1980s — once a bright light on the horizon, but now industry standard.

"I think in 10 years time, (builders) will make these homes for all clients," Pettipas says. "We're all used to paying for our electricity — wouldn't it be nice to actually produce your own electricity and get some credit back?"

If it's a new-build, start with a building envelope that surrounds the home with a 10-inch cavity providing a complete thermal break with the



Builders are beginning to create the greenest home possible, which will lead to more energy savings for you. GOODSHOOT/THINKSTOCK

outside. That means you can finally heed your mother's advice to stop heating the whole neighbourhood via leaky roofs, drafty windows and uninsulated walls. Stick with an electric or gas fireplace if you want ambiance. A real chimney is exactly what it seems: A giant hole in the middle of your

home leaking energy.

Build the home south-facing without any trees or tall building obstacles and the sun will help cut down your bills. If your existing house is too hot, plant trees to provide shade. The north-facing side of the home should have a triple-glazed Low-E glass with argon windows to

reduce heat loss. The other three sides should use double-glazed Low-E glass with argon.

"What this is all about is showing people what you can do," Pettipas says.

"Energy isn't getting less expensive. The cheapest form of energy is always going to be what you don't use."

Rating explained

- A zero EnerGuide rating indicates major air leakage, no insulation and sky high bills. A 100 rating — so far largely theoretical — would mean an airtight, well-insulated home

that does not need to buy any energy. The high-rated homes cost 10 to 15 per cent more than a standard home, but will immediately bring savings by cutting energy bills.

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Spring cleaning. Don't neglect comfort systems

After a long winter indoors, spring is a popular time for Canadians to refresh their space with a deep, thorough cleaning. As homeowners make their "to do" list this spring, they should remember to include their indoor comfort systems.

Taking care of your home's heating and cooling system will help create a comfortable environment while saving money for your family. This spring, the Heating, Refrigeration and Air Conditioning Institute of Canada (HRAI) is offering tips for homeowners to refresh their indoor environments, while taking control of the maintenance and efficiency of their home's valuable HVAC system.

1 Get Rid of Dust — A dirty filter reduces air flow, forcing your HVAC system to work harder. By simply replacing the furnace filters on a regular basis, energy use can be reduced by up to 15 per cent. Eliminating dust build-up in the air circulation system (including vents) is also important, and don't forget to clean the exhaust fans in bathrooms and kitchens, which can have an effect on the effi-



Changing your furnace filter should be on your spring cleaning 'to-do' list. HEMERA/THINKSTOCK

ciency of air flow throughout the home.

2 Commission a Home Energy Evaluation — Audit can seem like a scary concept, but when it comes to a home energy evaluation or "audit," the results can be very beneficial. By engaging a certified professional, homeowners will learn where energy is being lost and can realize significant cost savings on home energy bills, often up to 30 per cent, while improving the resale value of the home. In many provinces, government

rebates are offered for this important service.

3 Pay Attention to AC Noise Levels — For many homeowners, spring cleaning is the first time in the season their home's thermostat makes the switch from "heat" to "cool." When first utilizing air conditioning this spring, there are some telltale signs that your system is in need of immediate maintenance or repair. Excessive levels of noise from the fans or compressors or vibration from the cabinet unit are indications that you should call in the professionals. Identifying these issues early allows homeowners to mitigate their repair costs and save from a complete system failure.

4 Schedule your Biannual Maintenance — Your home's HVAC system is a major investment, with replacement costs that can add up to \$10,000 and more. Protect your investment by scheduling maintenance on your system at least twice a year using a trained, certified professional, such as the technicians found in HRAI's online database. Visit hrai.ca for more information. **NEWS CANADA**



Switching to compact fluorescent light bulbs is one way you can save on your energy bill. ISTOCKPHOTO/THINKSTOCK

Ten ways to save money

JON TATTIE
For Metro

EnerGuide audit

- EnerGuide for Existing Houses brings an inspector to your home to test for draftiness, insulation levels, the quality of doors and windows and the type of heating system. After the audit, the program recommends fixes and relevant rebates. Go to efficiency.ca and click on "For Homes" for details.

When you decide to invest your money in making your home more energy efficient, it can be hard to know what to start with and how much you can expect to save.

Metro worked with Efficiency Nova Scotia to come up with 10 ways to spend money to save money and help the environment.

1 Retire an elderly appliance. If you have an old fridge, freezer or air conditioner, they are likely bleeding energy. An inefficient fridge could be costing you \$180 per year. A bad freezer racks up \$100 per year, and a clunky air conditioner \$30. A new fridge uses 40 per cent less energy than one bought 10 years ago.

2 Consider solar heating for your air and water. ENS offers rebates to help set up a residential system. It will take five or 10 years to pay for the

system, but then you will save money on your bills and add resale value to your home.

3 Replace doors and windows with better products to keep heat inside your home. Most people spend about 55 per cent of their energy bills on heating, so the savings add up.

4 A cheaper solution if you can't afford new windows is to apply caulking to the frames to trap more warmth inside.

5 Replace aging weather stripping on your doors and windows.

6 Switch to compact fluorescent lamps instead of incandescent bulbs. It will save a few dollars on your electricity bill and while CFLs cost more up front, you will have to replace them less.

7 Block off your fireplace. A huge amount of warm air is sucked up the chimney and replaced with cold air. Lighting a fire looks cosy, but it actually cools the rest of the house.

8 Add insulation to your attic. Think of it as a toque for your house. You will want at least 35 centimetres and don't forget to cover the hatch.

9 Insulate the basement walls. Many are just dry-wall over concrete.

10 Use the clothesline when weather permits. If you switch completely to air drying instead of the electric dryer, you will save \$49 per year.

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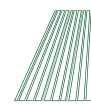
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Here comes the sun

Energy. Solar technology can be used in new and retrofitted homes

RICHARD WOODBURY
For Metro

As a clean and renewable resource, solar energy is an attractive option to incorporate into one's home. The good news is whether a home is under construction or being retrofitted, it is possible to incorporate solar technologies.

"I would say it is easier to do in a new home, but the technologies that are out now are pretty adaptable and can be added on to most existing situations," says Keith Robertson, the founder and principal of Solterre Design, an architectural firm in Halifax.

Solar technologies can be used to provide for a home's electricity needs, as well as heat one's home and hot water.

Solar energy is a particularly attractive option, given

the price of electricity continues to rise. Also, technological advances are helping make solar technologies cheaper to implement.

While the initial upfront investment in solar technologies will cost more than the traditional types of technology used, over time, homeowners will recoup their initial investment. From there, it's pure profit.

"It pays itself off and then it keeps paying you," says Robertson.

Using the example of a solar hot water heater, he says a simple one costs between \$5,000 and \$7,000.

Robertson says manufacturers usually estimate it takes homeowners seven to 10 years to make their money back.

In the case of powering a home's electrical needs by solar energy, one major determinant of the cost is whether people connect to Nova Scotia's grid, says Sandy Hines, the owner of SHINES Renewable Energy.

For people who connect to Nova Scotia Power's grid and participate in its net metering program, they are

looking at a cost of roughly \$6,000 per kilowatt of energy. Hines says most people will need to produce between two and five kilowatts of energy for their personal needs, meaning the cost could be as much as \$30,000.

People looking to go completely off-grid will need to purchase added equipment and could be looking at a cost of between \$50,000 and \$100,000.



Solar energy is becoming an attractive option to incorporate into one's home. ISTOCKPHOTO

Choice. Energy-efficient homes make good cents

You may be asking yourself, "Why should I care about energy efficiency and why should I incorporate it into my new home?" The answer is simple: Because it will save you money and help the environment.

An energy-efficient home is less expensive to operate, more comfortable to live in and more environmentally friendly than a home built to the current building standards, according to Natural Resources Canada (NRCAN), the federal department that manages the two main energy efficiency initiatives for new

homebuyers: The R-2000 Standard and the ENERGY STAR for New Homes.

Buying expensive, custom-built homes used to be the only way to acquire an energy-efficient home. Today, consumers looking to achieve greater energy efficiency at home have a much wider array of energy-efficient options to choose from.

If you are planning to build or buy a new home, spend some time on the NRCAN website at newhomes.nrcan.gc.ca or call 1-800-Canada (1-800-622-6232) for more. **NEWS CANADA**

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4

SPORTS

NHL

Hammonds
Plains'
Bodnarchuk
recalled by
Bruins

Defenceman Andrew Bodnarchuk of Hammonds Plains has been recalled by the Boston Bruins for the NHL playoffs. The 23-year-old will serve as a Black Ace — a scratch who practices but does not play — unless injuries strike. Bodnarchuk spent the season in the American Hockey League with the Providence Bruins, who did not qualify for the playoffs. He had five goals and 12 assists in 63 games and was also recalled for seven NHL games for which he was a healthy scratch. **METRO**

On the web

For more coverage of the Halifax Mooseheads, follow @metroqfiles on Twitter or visit The Q Files blog at metronews.ca/qfiles.

Future is now as the Mooseheads roll into semis

QMJHL playoffs. Matchup with Oceanic a '50-50 proposition,' says owner Bobby Smith



MATTHEW WUEST
matthew.wuest@metronews.ca

Earlier this week, a colleague of Bobby Smith's told him his Halifax Mooseheads were "looking good for next year."

"I looked at him like he had two heads," the Mooseheads' majority owner said. "Next year? We were down 3-2 to the Remparts. We were talking about winning the next game."

As pretty much everybody in Halifax knows, the Mooseheads did win the next game — and the game after — to complete a historic comeback from a 3-0 series deficit against the Quebec Remparts in the QMJHL quarter-finals.

Suddenly, the Mooseheads — a young team most thought was built to win in 2012-13 — are in the QMJHL semifinals with home-ice advantage against the Rimouski Oceanic.

The future, it appears, is now.

"The guys in the room and the guys in the organization, we're not talking about how nice this is for the future, we're talking about winning our next game," Smith said. "We'll have

plenty of time for long-term planning. But right now, there are four teams left — and we're one of them."

The Mooseheads last qualified for the semifinals in 2007-08, when a veteran-laden squad featuring Jakub Voracek and Brad Marchand was swept by the Gatineau Olympiques.

Rookies Nathan MacKinnon, Jonathan Drouin and Zach Fucale, all just 16 years old, have dominated highlight reels through two rounds, creating a buzz around the team and drawing fans out of hibernation after three tough seasons.

"It's a very likeable team," Smith said. "We've played a very exciting style all year long. We just have a lot of very good hockey players."

While 24 points separate first-place Saint John Sea Dogs from ninth-place Chicoutimi Saguenéens in the other semifinal, the Mooseheads-Oceanic series is much more evenly matched. Just three points separated the sixth-seeded Mooseheads and seventh-seeded Oceanic in the regular season.

"I said before the playoffs started, that two through seven, you could flip a coin — everybody recognizes Saint John is a very special team," Smith said. "That was (supported) by the fact we had three seven-game series (in the quarter-finals) where Game 7 was decided by a goal. Like those series, this is a 50-50 proposition. Hopefully we will win the last game."

Quoted



"If you'd asked me last year at the draft if I'd be happy if I had home ice advantage when the semifinals started, well, yes. We're very pleased."

Mooseheads majority owner Bobby Smith



Halifax Mooseheads rookies Jonathan Drouin, right, and Nathan MacKinnon, left, celebrate a goal during the QMJHL quarter-final against the Quebec Remparts. Their highlight-reel efforts have generated a buzz around the team. **JACQUES BOISSINOT/THE CANADIAN PRESS**

Ailing Trey Lewis expected in the lineup



Mooseheads defenceman Trey Lewis sends Quebec Remparts forward Alexandre Comtois flying during the QMJHL quarter-final. **JACQUES BOISSINOT/THE CANADIAN PRESS**

Trey Lewis is expected to stay in the Halifax Mooseheads lineup when the QMJHL semifinals open on Friday.

The 18-year-old defenceman played in Tuesday's Game 7 in the quarter-finals against the Quebec Remparts despite ailing with an apparent knee injury after taking a hard hit in Monday's Game 6. He not only played, he logged important minutes.

"I don't think it'll be a problem with him playing in the next round," Mooseheads general manager Cam Russell said Wednesday. "He felt better today so we'll see

how it goes."

Lewis has a goal and an assist along with a plus-5 rating in 11 post-season games.

"I'm always impressed with how tough a customer Trey is," Russell said. "At the same time, I'm not surprised. He gave it his all (in Game 7), just like a lot of our guys."

The news isn't so good for 19-year-old penalty-killing ace Brad Cuzner. He's expected to miss at least Games 1 and 2 against the Oceanic after taking a high stick from Remparts winger Gabriel Desjardins on Monday night.

MATTHEW WUEST/METRO

Schedule set

The Mooseheads' semifinal schedule was finalized on Wednesday.

- Halifax hosts the first two games Friday and Saturday.
- Next week, Rimouski hosts Games 3, 4 and 5 (if necessary) on Tuesday, Wednesday and Friday.
- Games 6 and 7 would be held in Halifax on Sunday, April 29, and Monday, April 30.

Pens put it all together in Game 4

NHL. Staal has hat trick, Malkin scores twice in do-or-die match with Flyers

Pushed to the brink of a sweep, Pittsburgh's Sidney Crosby, Evgeni Malkin and Jordan Staal pushed back with a vengeance, helping the Penguins score nine goals in the first two periods in a 10-3 win over the Philadelphia Flyers on Wednesday in their opening-round playoff series.

Staal had a hat trick, Malkin scored his first two goals of the series and Crosby added one to help the Penguins cut the series deficit to 3-1. Game 5 is Friday in Pittsburgh.

Marc-Andre Fleury settled down after a shaky first period and had his best game of the series, easily outplaying counterpart Ilya Bryzgalov.

By the numbers

8

The Flyers led 3-2 at one point before the Penguins reeled off eight straight goals to win the most lopsided game of the series.

"It was a crazy game in a lot of ways," Pittsburgh coach Dan Bylsma said. "But we got a lot of big saves at key times, and we were able to turn it the other way."

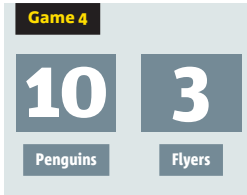
Claude Giroux, Kimmo Timonen and Jakub Voracek all scored for the Flyers, who blew their chance at a stunning sweep of the 108-point Penguins. Bryzgalov, shaky all series, was at his worst in Game 4. He was yanked for Sergei Bobrovsky after allowing his fifth goal of the game.

"We had a task tonight to win one game, and focus only on one game," Bylsma said. "And we got that win tonight. That's our focus for the next game, back in Pittsburgh."

The Penguins were the first team to score at least 10 goals in a playoff game since the Los Angeles Kings scored 12 against the Calgary Flames on April 10, 1990, according to STATS LLC.

"I think just our management of the puck," Bylsma said, "and where we played it, was good in terms of keeping the flow in our favour."

There's little chance of a goalie controversy in Philadelphia. After earning huge cheers for stopping his first shot, Bobrovsky was worse than Bryzgalov, allowing four goals the



rest of the second period.

Fleury made it stand the rest of the way and started to make up for a miserable first three games that saw him allow 17 goals.

Then again, Pittsburgh's offense was so potent, not even Fleury could blow this one.

Long despised in Philadelphia, Crosby scored his second goal of the series on a deflection that tied the game at 3-3 in the first. Staal followed with a goal from the slot for a 4-3 lead and the Penguins never looked back.

The Penguins were short-handed in their last-gasp effort at trying to stave off elimination. Forward Arron Asham served the first game of a four-game suspension; and James Neal and Craig Adams served a one-game ban for their actions in Game 3.

Defenceman Paul Martin also sat out with an undisclosed injury. **THE ASSOCIATED PRESS**



Cole Harbour's Sidney Crosby skates in warm up before Wednesday's game. MATT SLOCUM/THE ASSOCIATED PRESS



Kyle Turris, left, celebrates his game-winning goal with teammate Jim O'Brien in Ottawa on Wednesday. SEAN KILPATRICK/THE CANADIAN PRESS

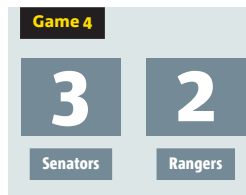
Turris pulls trigger for Sens in OT

Kyle Turris scored at 2:42 of overtime to give the Ottawa Senators a 3-2 victory over the New York Rangers Wednesday night.

The Senators tied their Eastern Conference quarter-final series 2-2. Game 5 is Saturday in New York.

Milan Michalek and Sergei Gonchar also scored for the Senators. Craig Anderson stopped 31 shots.

Anton Stralman and Ryan Callahan scored for the Ran-



gers. Henrik Lundqvist made 28 saves.

Both teams had great opportunities to go ahead in the third period. Ottawa created a

flurry of chances in the final minute, but was unable to beat Lundqvist. New York's best opportunity came with just over five minutes remaining when Nick Foligno was given a tripping penalty, but the Senators managed to kill it off.

Anderson made huge stops on Brian Boyle and Brad Richards early in the period to keep the Senators hopes alive, while Lundqvist made a huge save on Chris Phillips with just over seven minutes remain-

ing.

Ottawa cut the Rangers' lead to 2-1 at the seven-minute mark of the second as Matt Carkner, coming out of the penalty box, took a pass from Jason Spezza and fed it to Michalek, who backhanded it over Lundqvist's right shoulder.

The crowd of 20,340 at Scotiabank Place went on to give Ottawa a standing ovation for over three minutes.

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Looking to Buy
Single Sit-On Kayak
445-1008

Rear Breaks Shoes
for 2002 Toyota Camry
10% worn Asking \$20.00
(902)463-4950

Top of the Line Vacuum Cleaner
MIRACLE MATE brand
Very GOOD Condition
\$300 (902)462-8096

2 toddler car seats in excellent condition
One for \$50
other on for \$40
902-445-3645

6 months Pro Active with Extra's
2 sets at \$80 each
(902)405-6373

Community South Seas Silverware
8 piece setting plus extra pieces
Never used \$200.00
902-864-4790

LOOKING FOR APT SIZE WASHER
Spin or automatic in good working condition and delivery included please.
\$100 OBO 902-452-3117

Road Bike Trek 7.5 FX Botrager Rims 32" wheels allumn Frain shamino pedals with kick stand Paid \$1200 sell \$850 or trade for mtn bike of equal value 902-463-4950

Toy Sorter
6 plastic containers on a stand
\$30
(902)252-0748

240 CDS \$1 each or best offer
Country and Christmas
902-463-7663

Cabbage Patch Dolls
8, Just Like New, NO Boxes
\$50 for the lot
902-455-4426

Dell Inspiron 8500 Laptop Computer & Case
Running XP Professional, Internet Ready
\$100
(902)425-5159

Moffatt Dishwasher 6 months old
Still has 6 months warranty left
\$125.00 OBO
902-463-1263

SET OF WOMENS RIGHT HAND GOLF CLUBS
World Tour, Club divider and bag covers
\$500
902-462-2851

Treadmill Exerciser
\$75
(902)865-7030

• 27" JVC TV with remote for \$30
• Sofa Green with floral pattern \$40
(902)431-8541

Camcorder handy cam
40x optical zoom
\$100.00 obo
(902)463-4950

Desk Top Computer with Table
Please call form more details
902-407-2105 and leave a message

Plus Size Clothing Size 22 to 24
used and new
\$2 to \$15 per item
(902)405-6373

Tonneau Cover \$75 OBO
(Security trunk area cover for a 2005 to 2010 Sportage or Tucson)
(902)864-4279

Wanted
Flea Market Items
(902)292-8228

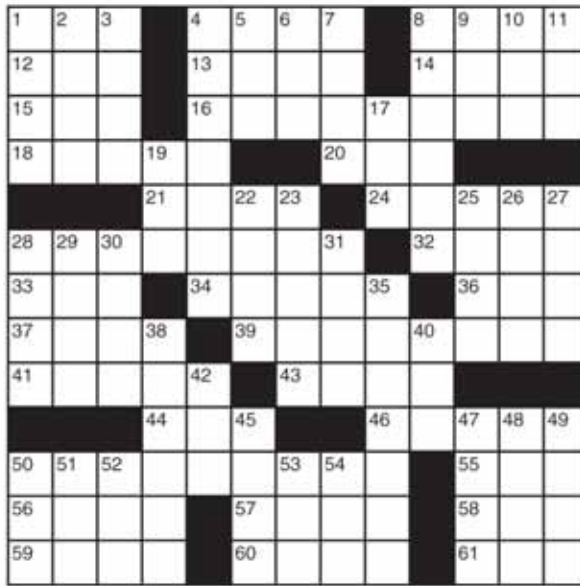
Crossword

Across

- 1 Upper limit
4 Little demons
8 Be in charge of
12 Coloration
13 Appearance
14 Shrek, for one
15 Refuge craft
16 Erich Segal novel
18 Hymn of praise
20 Bankroll
21 Nuisance
24 Veranda
28 Furniture for two
32 Mediterranean strip
33 — out a living
34 Dieter's entree
36 Forefront
37 Broadcasts
39 Small parrot
41 Skewered meal
43 Pleasant
44 To and —
46 Jockey's handful
50 Tomato
55 Siesta
56 Satan's field
57 Genealogy chart
58 Bookkeeper (Abbr.)
59 On the tainted side
60 Fax
61 Fix a cuff

Down

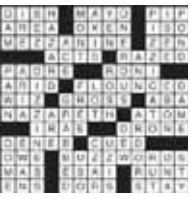
- 1 Bloke
2 Emanation
3 Lap dog, for short
4 Doctor's concern
5 Cattle call?
6 Angle (Abbr.)
7 Distort
8 Frank
9 Id counterpart
10 Timetable abbr.
11 Susan of "L.A. Law"
17 Easy mark
19 Mimic
22 Caulk
23 Claw
25 Sitarist Shankar
26 Autocrat
27 Full house, e.g.
28 Secrecy thwarter
29 Tom Joad type
30 Hit or miss?
31 "Rikki-Tikki- —"
35 Issued a fiat
38 Without risk
40 Spell-down
42 Support system?
45 Makes a decision
47 Part of the foot?
48 Scruff
49 Unwanted e-mail
50 Journey segment



51 Eggs
52 Energy
53 Ante-

54 Writer Deighton

Yesterday's Crossword



Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

CKGBX ZJMRA Z WGCANU
WNBXM QEM WYML RT AM
JN Z QEGF-JZDW BZYTNDANY:
"AEN KGFZYU MC LZQL."
Yesterday's Cryptoquip: IF THE KING OF
HUMBACKS HAD A MALE OFFSPRING, WOULD
HE BE CALLED THE PRINCE OF WHALES?
Today's Cryptoquip Clue: O equals W

How to play



For today's crossword answers and for expanded horoscopes, go to metronews.ca

Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku



Horoscope

♈ Aries | March 21 - April 20.

No matter how much of a hard time others give you today, you must not rise to the bait.

♉ Taurus | April 21 - May 21.

As the Sun moves into your birth sign today, your expectations are sure to be high but don't try to do everything at once.

♊ Gemini | May 22 - June 20.

You may find it difficult to take a certain person seriously but the planets indicate he or she has something important to teach you.

♋ Cancer | June 21 - July 22.

Speed is of the essence so don't waste time thinking about what you intend to do, just do it.

♌ Leo | July 23 - Aug. 22.

The Sun crosses the career angle of your chart, making you even more active and ambitious than usual.

♍ Virgo | Aug. 23 - Sept. 22.

You've been too intense, but now the Sun is moving into one of the more easygoing areas of your chart. You can start smiling again.

♎ Libra | Sept. 23 - Oct. 22. Partners and loved ones will be rather demanding today and money worries may be a problem too.

♏ Scorpio | Oct. 23 - Nov. 21.

The Sun's move into your opposite sign may make it seem as if others have the upper hand but they don't. You're still the boss.

♐ Sagittarius | Nov. 22 - Dec. 21.

Assert your authority and make sure friends and rivals alike are aware that you are not going soft in your old age.

♑ Capricorn | Dec. 22 - Jan. 20.

The Sun moves into the most dynamic area of your chart today and over the next four weeks you must go all out to realize your ambitions.

♒ Aquarius | Jan. 21 - Feb. 18.

It doesn't matter what you start so long as you start something. A good place to begin would be your home.

♓ Pisces | Feb. 19 - March 20.

If what you're working on fails to inspire you then ditch it — and find your real passion. SALLY BROMPTON



Caption Contest

"Lift...lift..."

John

TRAVIS MORISSE, THE HUTCHINSON NEWS/ THE ASSOCIATED PRESS

Win!



You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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A red circular logo with a white border. Inside the circle, the word "DARE" is written in large, bold, white capital letters. Below it, the word "TO" is written in smaller, white capital letters. Below "TO", the word "COMPARE" is written in large, bold, white capital letters. At the bottom of the circle, the words "SALES EVENT" are written in smaller, white capital letters. Above the word "DARE", the Kia logo (a stylized "K" inside an oval) is visible. The logo is set against a dark background.

~~PAY~~ 90 DAYS



5
Year Warranty

2012 **OPTIMA**
"CAR OF THE YEAR"
MOTORING
2012



 HWY: 5.7L/100KM
CITY: 8.7L/100KM

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CRUISE FOR 2!**

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5-DOOR
"BEST SMALL CAR"
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MOTORING
2012

DARE TO COMPARE 	2012 KIA RIO SQR LX M/T	2012 Toyota Yaris LE M/T	2012 Ford Fiesta S M/T
Horsepower (hp)	138	106	120
Torque (lb.-ft.)	123	103	112
Fuel Economy - HWY	4.9L/100km	5.2L/100km	5.1L/100km
Power Windows			
Steering Wheel Audio Controls			
Heated Sideview Mirrors			



 HWY: 4.9L/100KM
CITY: 5.6L/100KM

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